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DAILY ELECTION PAGE in metroNEWS



Vancouver metro

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2015 A.L. EAST CHAMPS

Your essential daily news | THURSDAY, OCTOBER 1, 2015 High 17°C / Low 10°C Sunny

Pot could be 'exit drug,' study says

HEALTH
Research shows cannabis stands in for harsher substances



Marijuana's label as a gateway drug could go up in smoke, at least according to a study published this month by University of Victoria and University of British Columbia researchers. The study published in Drug and Alcohol Review indicates medical marijuana could be an "exit drug" since many people choose to use it instead of prescription opiates, alcohol and other illicit drugs. The study used UBC data

from more than 400 medical cannabis users collected between 2011 and 2012. It found that 87 per cent were likely to use marijuana as a substitute for a different substance, especially prescription drugs. People younger than 40 were most likely to substitute all three substances with marijuana. Lead author Philippe Lucas, a researcher with UVic's Centre for Addictions Research of B.C., believes the research shows marijuana could potentially decrease the harm from using other substances. "While cannabis is not benign, most research suggests that it's safer and less addictive than many substances," Lucas said. Lucas is also the vice president of patient care at Tilray, a licensed marijuana grow operation in Nanaimo, B.C.

MESSING AROUND

Infants exposed to four types of bacteria have a lower risk of getting asthma: UBC Research
metroNEWS

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Asia-Pacific

SYDNEY, AU \$1638 NOV. 2, 2015 – NOV. 30, 2015 FEB. 1, 2016 – APR. 5, 2016	SHANGHAI \$737 OCT. 26, 2015 – DEC. 4, 2015	BEIJING \$986 OCT. 22, 2015 – DEC. 7, 2015 DEC. 30, 2015 – APR. 18, 2016	SEOUL \$1029 NOV. 1, 2015 – DEC. 9, 2015 JAN. 1, 2016 – JAN. 31, 2016	DELHI \$1107 NOV. 1, 2015 – DEC. 10, 2015 DEC. 24, 2015 – MAY 5, 2016	TOKYO-NARITA \$1041 OCT. 5, 2015 – DEC. 10, 2015
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Latin America

SÃO PAULO \$706 OCT. 5, 2015 – DEC. 16, 2015	RIO DE JANEIRO \$705 OCT. 5, 2015 – DEC. 16, 2015	SANTIAGO \$1052 OCT. 8, 2015 – DEC. 10, 2015	BOGOTA \$1048 OCT. 8, 2015 – NOV. 30, 2015 JAN. 17, 2016 – APR. 30, 2016	LIMA \$1054 OCT. 15, 2015 – DEC. 6, 2015 JAN. 13, 2016 – APR. 30, 2016	PANAMA \$757 OCT. 8, 2015 – DEC. 10, 2015 DEC. 29, 2015 – FEB. 26, 2016
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Nurses protest layoffs

EMPLOYMENT

Jobs cut to cover facility's \$1.6M deficit, CEO confirms



Matt Kielytyka
Metro | Vancouver

Hundreds of nurses rallied outside an Abbotsford seniors care facility Wednesday to express their outrage after 60 nurses were suddenly laid off this week.

Mennonite Benevolent Society CEO Karen Baillie confirmed that 29 full-time and 32 casual nurses were told Tuesday they would be laid off at Menno Hospital, a 151-bed facility that makes up part of Menno Place, to help address a \$1.62-million deficit.

Their positions will be contracted out, a move Baillie said would save the society \$500,000 a year and allow it to balance its books.

"It is a huge, huge decision, not one my board wanted to make," said Baillie.

"It's nothing personal. (The alternative) is we'd have to close. We can't operate like this."

Care aide positions — which Baillie says have most of the day-to-day interactions with tenants — will not be affected.

But that's not good enough for the BC Nurses Union (BCNU), which managed to



Hundreds of people, including BC Nurses Union executives Katherine Hamilton, Christine Sorensen and president Gayle Duteil, right, rallied outside Menno Hospital in Abbotsford on Wednesday. SHAWN LECLAIR/CONTRIBUTED

mobilize approximately 300 nurses for Wednesday's rally.

"Every single federal party in this election talks about senior care and how important it is. This is not what providing safe patient care looks like," said BCNU president Gayle Duteil.

"Some of these nurses have been working there for 20 to 25 years. One day they go to work, and it's gone. These are those seniors' care providers

“It is a huge, huge decision, not one my board wanted to make.”

Karen Baillie

and best friends. The BCNU is behind them."

Fraser Health issued a statement saying it is aware Menno

Hospital "intends to contract out Registered Nurse and Licensed Practical Nurse positions."

"The Society hires and manages its own staff, and the affected staff members are not Fraser Health employees," the statement reads.

"Our priority is to ensure that high-quality care continues to be provided to residents throughout the process. As the funder of the residen-

tial care beds and licensing authority, we will continue to monitor the situation and ensure Menno Hospital is meeting their care requirements under their agreement with us."

The society has yet to sign with a contractor but hopes for a smooth transition.

Nurses have been given between two and six months notice, depending on their position and tenure.

PRIVACY

B.C. lags in protecting health data

If British Columbians can't trust authorities to secure their sensitive medical records, there could be serious consequences to their health and a slump in scientific research, says the province's privacy commissioner.

Elizabeth Denham is calling for immediate action by provincial health authorities to boost measures that safeguard citizens' health information in the absence of disclosure laws. Authorities aren't legally obligated to report privacy breaches, but Denham wants that to change and made more than a dozen recommendations to patch the problem in a report released Wednesday.

Data of concern could include HIV tests, mammograms or routine blood results, she said.

All provinces and territories, except for B.C., Saskatchewan and Quebec, have legislated or incoming requirements that order health authorities to reveal the inappropriate release of private information.

People wary that their private information might be made public or accessed by someone other than their doctor could shy from disclosing health conditions, Denham said.

Her report examined B.C.'s eight provincial health authorities, collecting information covering the past three years. It revealed 3,000 suspected privacy breaches per year across those authorities. The privacy office was advised of less than one per cent of those, she said.

THE CANADIAN PRESS

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POLICE

Man may have shot gun in bank robbery



Thandi Fletcher
Metro | Vancouver

Police in Abbotsford are searching for a man who they allege may have accidentally fired a gun while robbing a bank Wednesday morning. Const. Ian MacDonald, spokesman for Abbotsford police, said the alleged robbery happened around 10:15 a.m. at a bank in the 2600-block of Clearbrook Road.

He said witnesses told police



There's a possibility that it was an accidental discharge.

Const. Ian MacDonald

that the man fired a gun during the robbery. No one was injured. After receiving a small amount of cash, the man fled the scene on foot. MacDonald said it's unclear if the gun was real or a replica.

He said police have not found any bullet holes to suggest that it was real, but that the investigation is still in its early stages.

He said bank robberies, which are less common than they once were, often involve the use of a replica firearm.

"There's a possibility that it was an accidental discharge," he said. "In this case, he was probably nervous and squeezed the trigger, which scares everyone in the bank, probably even himself."

The man is described as six feet tall and white. He was wearing a long olive-coloured trench coat, blue jeans, white runners and a latex mask over his face.

POLITICS

Clark advisor new BC Hydro chairman

A chief adviser to Premier Christy Clark during her successful 2013 election campaign has been named the new chairman of the board of BC Hydro.

Brad Bennett has served on several private and public boards, including the University of B.C. and Kelowna General Hospital.

Energy and Mines Minister Bill Bennett — who's no relation — told the legislature on Wednesday that chairman of BC Hydro isn't a paid position and that Brad Bennett is volunteering his services.

Brad Bennett's father served as B.C.'s premier and his grandfather, W.A.C. Bennett, created BC Hydro when he led the province in the 1960s.

He takes over the position from Stephen Bellringer whose term expires Sept. 30.

Clark says it will take someone of Bennett's abilities to follow Bellringer, who guided Hydro through a period of renewal with projects such as the start of the massive Site C dam construction on the Peace River.

THE CANADIAN PRESS

IN BRIEF

Boy who stabbed sister after watching horror movie will escape jail time

A boy who repeatedly watched a violent scene from a well-known horror movie before stabbing his little sister several times in their home near Prince George, B.C., won't be going to prison.

The high-school-aged boy, who can't be named under provisions of the Youth Criminal Justice Act, recently pleaded guilty to attempted murder and was placed on strict conditions.

Judge Michael Brecknell heard that before the boy attacked his sister in September 2013, he repeatedly watched a scene from Halloween, in which a family is murdered. THE CANADIAN PRESS

RCMP seek man after Surrey woman is sexually assaulted

Surrey RCMP are looking for a man, after a woman was sexually assaulted Sunday.

Police say the assault happened in a wooded area near the intersection of Fraser Highway and 140 Street at approximately 4:30 p.m. on Sept. 27.

The man left the area on foot, while the victim was taken to hospital and treated for injuries.

Investigators have been unable to identify the man. Police describe him as black, six feet tall and in his late 30s. He's about 160 pounds, with short black hair and no facial hair. He also has a "distinctive" lazy eye and was wearing a dark blue sweater. METRO



Parents are encouraged to let their children play outside in "a healthy way" and interact with animals. COLOURBOX.COM

Study: Asthma risk lowered by bacteria

HEALTH

Exposure to four types lessens chance of ailment



Emily Jackson
Metro | Vancouver

Parents should stop being so paranoid about bacteria, according to new UBC research that found babies exposed to four types of bacteria have a lower chance of getting asthma.

Children who were not exposed to these bacteria by three months of age have an increased risk of getting asthma,

a chronic disease that accounts for the most hospitalizations of B.C. children, pediatrician and UBC professor Dr. Stuart Turvey said Wednesday.

The study pinpointed the bacteria (Faecalibacterium, Lachnospira, Veillonella and Rothia) by analyzing stool samples from 319 babies.

It's the first time researchers have linked specific bacteria to asthma, Turvey said, which is the first step to developing a preventative treatment.

"That sets the scene for us potentially being able to use these as a therapy, to add them back in a safe fashion," he said.

Newborn mice given the four bacteria developed less severe asthma, according to the research, but Turvey emphasized more research must



The idea that bacteria are something to be respected and can be healthy resonates with community.

Dr. Stuart Turvey

be done before that could be done with humans. Scientists are only beginning to decipher the millions of gut bacteria and how it affects people, he said.

It's not clear exactly where the bacteria found in babies' intestines comes from, but the study should encourage parents to loosen up a bit when

it comes to letting children explore their environments, Turvey said.

"We've often seen bacteria as the enemy, that we should hunt them down and kill them with antibiotics," he said. "The idea that bacteria are something to be respected and can be healthy resonates with community."

Turvey encouraged parents to let their babies play outside in a "healthy way" and to let them interact with animals. He also recommends thoughtful use of antibiotics, only for bacterial infections not viral infections. The finding is part of a larger research project for the Canadian Healthy Infant Longitudinal Development (CHILD) Study, which began in 2007 by recruiting 4,000 pregnant women across Canada.

DOCTOR'S PREDICTION

Flu vaccine will rebound after 'bad year'

Doctors in British Columbia are optimistic this year's flu vaccine will be more effective and avoid a repeat of 2014's "bad year."

Dr. Wayne Ghesquiere, Vancouver Island Health Authority's infectious disease and internal medicine consultant, said this year's shot for children contains four different strains — the adult shot has three — to avoid a mismatch this season.

"Last year we got a vaccine but a mutated variation (circulating) so it didn't work," said

Ghesquiere. "You can have a bad year, just like the Canucks can and not make the playoffs. This is not a perfect vaccine but it's still best for people not only to immunize themselves, but reduce the risk to others."

Ghesquiere said the vaccine — based on World Health Organization recommendations made in February — is generally 60 per cent effective.

Despite the challenges with last year's quick-mutating strain and sometimes vocal opposition and public debate, Ghesquiere insists the vast majority

of people believe in vaccines.

The mutated strain that caused the mismatch last year is included this year in the four-strain quadrivalent vaccine available to children between the age of six months to 17 years old, as youth were more vulnerable to it.

According to Statistics Canada, 34.1 per cent of British Columbians aged 12 and up reported receiving an influenza immunization in 2014, up from 30.5 per cent the year before.

The national average last year was 32.5. MATT KIELTYKA/METRO



A box of the four-strain quadrivalent influenza vaccine. CONTRIBUTED/SANOFI PASTEUR



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12

CANADA WIDE CLEARANCE

'Nasty fall' can't keep designer away



Thandi Fletcher
Metro | Vancouver

Kiwi fashion designer Leanne Greaves is so excited to be taking part in Vancouver Fashion Week, not even a fall down a flight of stairs could keep her away.

The night before Greaves, the creative mind behind women's clothing label liann bellis, was scheduled to board a plane, at a time when she should have been packing for her trip, she said she ended up in hospital instead.

"It was a nasty fall," she told Metro. "I tripped on the stairs and fell down, and when I tumbled to the bottom, I hit my face on a chair and ended up splitting my head open."

New Zealand women's wear label liann bellis is making its Vancouver Fashion Week debut on Thursday.



Designer Leanne Greaves

A quick trip to the emergency room and some stitches later, Greaves was safely buckled up and en route to Vancouver. In desperate need of rest, however, she said she slept the entire way, blaming the fall on "rushing around and doing too much."

"You know what they say: the show must go on!" she said with a laugh.

And so it will Thursday when Greaves' latest liann bellis collection for 2016 spring-summer debuts at Vancouver Fashion Week.

Greaves described her latest collection as inspired by the elements: earth, wind, fire and air. The versatile "up-market street wear" collection features 1970s influences with touches of sapphire blue and contrasting textures, from leather to silk and natural fibers.

Greaves began her career in the late 1980s as a children's clothing designer while living in the United States. After moving back to New Zealand, she said she took a break until five years ago when she felt a calling to return to the fashion world.

"There's nothing like doing what you really love," she said. "You've got to be true to yourself."

Liann bellis is at Vancouver Fashion Week at 8:05 p.m. Thursday.



FASHION WEEK: DRAMATIC DESIGNS DOMINATE RUNWAY

The moment the first model appeared on the runway for designer Amber Nifong's show on the second day of Vancouver Fashion Week, audible gasps could be heard in the audience.

There it was: a breathtaking black halter dress in a stiff almost-plastic fabric that was a clear study in contrasts, appearing both delicate and lacy, edgy and dramatic.

Designer Nifong creates her show-stopping pieces by burning rayon to turn it into a hard resin-like couture fabric and contrasts it with tiers of navy chiffon and sheer mesh panels. She calls it "haute macabre," and the dramatic de-

signs continued with variations on a theme throughout her collection.



United Kingdom-based teen designer Tumisola Ladega of Tumila presented an architectural-inspired collection. Made up entirely of black and white, each look in this impressive up-and-comer's collection featured a structured silhouette with geometric touches.

The drama took a back seat with Vancouver designer Jenn Wilson, who designs under the name J.Jean. Her casual, easy-to-wear pieces embodied a more whimsical feel with its wooden jewelry and natural fabrics.

THANDI FLETCHER/METRO

Street Style at VFW

Name:
Cyndi Koon

Age:
38

From:
Portland, Oregon

Occupation:
Fashion designer, founder of Olive Clothier

What I'm wearing:

My shoes are Fluevog, because he's my favourite shoe designer. My skirt is from Physical Element, a local boutique in Portland. And my sweater is actually a Marimekko sweater from Banana Republic. My hair has been this colour for about 10 years. I've always liked having red hair and now I don't know what I would look like without it. It's kind of how my husband finds me in crowds.

My style inspiration:

It's fashion week, so you've got to try to be fashionable. I try to always find pieces that are just interesting. They don't have to be super expensive. This sweater was a pretty moderately priced sweater, but I love Marimekko and I was also on a plane coming an hour ago, so I had to that I could wear on a plane.



JENNIFER GAUTHIER/METRO



Models showcase Tumila by Tumisola Ladega, and J. Jean designs in their 2016 spring-summer collections on Wednesday evening. Inset: design by Amber Nifong.

JENNIFER GAUTHIER/METRO



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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about



VOTER PROFILE

Name: Bailey Reid **Age:** 30 **Riding:** Ottawa Vanier
Her issues: Violence against women, women in leadership roles

Wanted: Focus on women's issues



ROSEMARY WESTWOOD
in Ottawa

One thing dominates Bailey Reid's politics: The inequality of the sexes.

"You can talk about representation in Parliament, you can talk about child care, you can talk about violence against women, but I think that it does need that deeper analysis to show these are all results of women not being equal in Canada," she says.

Reid called Stephen Harper "the most absent" from the discussion. Neither he nor his status of women minister participated in the recent leader event devoted to women's issues — which touched on child care, violence against women, and women in leadership roles.

While NDP's Thomas Mulcair and Liberal's Justin Trudeau participated, Reid found those leader's analyses missed that point. No leader has been identifying inequality as the root

cause, nor underlining the ludicrousness of segregating key issues for half the voting public under the ill-fitting "women's issues" banner — with the exception of Elizabeth May.

"Part of me wants to vote Green because I'm sick of (Elizabeth May) being ignored," Reid says. The Green leader was barred from the debates on the economy and on foreign policy, and Reid seems incredulous that a feminist reading of economic policy was missing from the other leaders' comments.

"It would be nice to see a woman taken seriously, and it does feel very, pat pat on the head, 'That's cute Miss May, but you can't come.'"

But Reid won't be voting Green, because her local candidate doesn't have good odds.

The 30-year-old's riding, Ottawa Vanier, is staunchly Liberal, and likely to remain so. Reid says her natural political home has been the Liberal Party, so she's likely

voting that way again on Oct. 19. But she admits to some waffling. She likes the NDP's strategies on violence against women and national child-care plans.

Justin Trudeau's opaque comments that misogyny is fuelled by "certain kinds of music" and absent fathers certainly didn't impress Reid. "I wish he had a really good gender adviser," she quips. But the Liberals' promise to bring gender equity to cabinet is promising, she says, and so too the promise of a missing and murdered indigenous women inquiry. Trudeau is clearly willing to talk about inequality and sexism, she adds.

And that's the least that Reid is hoping for in this election: A prime minister willing to start talking more about women.

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto on Thursday.

'Fastest-growing industry' ignored

Tech industry is accusing leaders of poor planning



Gilbert Ngabo
Metro | Toronto

Federal leaders must show concrete plans on how technology will feature into their vision of the country, a local tech company has said.

Just days after founders of Lighthouse Labs wrote to Stephen Harper, Justin Trudeau and Thomas Mulcair expressing the tech community's disappointment over the lack of discussion on how to boost the country's economy through technology, Liberals responded swiftly.

Justin Trudeau announced Tuesday in Winnipeg a \$900-million commitment to advance tech innovations and startup incubators.

"That's what we've been looking for from every leader," said Jeremy Shaki, co-founder of the web and mobile software development company. He described Trudeau's move as "phenomenal" but was quick to add sustainability is key.

"I'm not just asking for them to throw money everywhere, but specifically where does tech fit into their plans?" he said.

In the letter, the group had accused leaders of completely ignoring the technology industry in their discussions, and only fo-



Company critical of commitment to transform the education sector by incorporating technology in the system. GETTY IMAGES

cusing on short-term things "just to help them win certain votes, overlooking the fastest growing industry in North America."

Shaki remained critical of the leaders' commitment to transform the country's education sector by incorporating technology in the system.

"It's a shame. How are we voting on people when we have absolutely no idea how they'll be approaching these critical issues?" he said.

Groups in the tech industry have done "a phenomenal job" without much support from the government, and it's time leaders commit to promoting technological innovations, he said.

Lighthouse Labs believes most of tomorrow's job markets will require basic levels of web design

and coding. The company has taken its trainings throughout the country, helping a total of its 300 graduates to land jobs with tech companies. Its HTML500 summer series have helped over 2,500 young Canadians learn basic skills in coding for free.

"Coding as a tool is so much like math," said Shaki, adding Canada should emulate nations like the U.K. and introduce coding classes in elementary and high schools, making it a mandatory subject.

"Even if you don't become a developer, knowing to code will help you find creative, logical and critical solutions."

There needs to be a top-down approach, or at least a conversation from the top about how to grow this industry, he said.



The technology industry has been completely ignored through all debates.

Jeremy Shaki

BY THE NUMBERS

Technology in Education

How other countries around the globe are schooling Canada on the future

</> England's new curriculum teaches the basics of coding as early as **5 years old**

</> Estonia is teaching **first graders** how to create their own computer games



The American "Hour of Code" effort says it has already persuaded **28 MILLION** people to give programming a try.

SOURCE: THE NEW YORK TIMES

RETAIL

Small wineries fear grocery store sales

Owners of some small- and mid-sized wineries in B.C. fear they will be hurt rather than helped by the provincial government's decision to allow supermarkets to sell alcohol.

They worry grocery stores will stock wines from large wineries because bigger volumes and lower unit costs will deliver fatter profits.

"Grocery stores are just starting wine sales in British Columbia," said Kim Pullen, president of Church and State Winery. "If the model expands, small B.C. wineries will be in trouble."

Consumers may be surprised grocery stores will only be able to offer VQA wines, not lesser-quality wines, beer, spirits or any other alcohol product, said Kelowna city planner Ryan Smith.

"The rollout of these changes probably isn't going as smoothly as many people expected they would," he said.

Supermarkets located within one kilometre of a privately owned liquor store are restricted to selling only VQA wines — which must be made from B.C. grapes and are generally more

“If the model expands, small B.C. wineries will be in trouble.”

Kim Pullen

expensive than many other foreign and domestic wines.

The government imposed the restriction to protect the financial viability of the private liquor stores. But even if they're limited to selling only VQA wines, supermarkets could soon grab a big share of overall wine sales.

In other countries, such as the U.S., where supermarkets can sell alcohol, up to 70 per cent of all wine is sold in grocery stores, says a group representing B.C. pub owners, private liquor store operators, and small- and medium-sized wineries.

The group, called the BC Alliance for Smart Liquor Retail Choices, says supermarkets will naturally place most of their wine orders with a handful of big wineries. THE CANADIAN PRESS



Scene from Thomas Wirthensohn's film, showing at the Centre for Performing Arts Sunday and Oct. 7 at SFU Woodwards. SUBMITTED

Doc follows life of Homme Less man

BACKSTAGE PASS

Check out the latest at VIFF, fall lineup at local theatres

Graeme McRanor
For Metro | Vancouver

Follow your bliss, but be prepared to live your nightmare.

It's a revealing line in *Homme Less*, a documentary by Thomas Wirthensohn that follows former model Mark Reay as he snaps photos of models, picks up acting gigs and lives a life that — at least on the face of it — appears to be the stuff

of many a bright-lights-big-city dream.

Except that he's 51 and still hustling to try and make it as a photographer and actor.

So how far would he go to pursue his dreams? Well, rather than get an unsatisfying job that would earn him some money for rent, Reay retires every night to a rooftop and sleeps tucked away under a tarp. Fair to say he's going to follow those sweet dreams right to the cold, bitter end.

Homme Less won the Grand Jury Award at DOC NYC 14. It screens at 6:30 p.m. Sunday at the Centre for Performing Arts and Oct. 7 at SFU Woodwards (11 a.m.). Visit VIFF.org.

Looking for something a little more uplifting? Gateway Theatre's got you covered.

Award-winning Quebec playwright and novelist Michel Tremblay's homage to his mother, *For the Pleasure of Seeing Her Again* — voted audience favourite at the 2011 Magnetic North Theatre Festival in Ottawa — runs Oct. 8-24. Tickets are on sale now; visit GatewayTheatre.com.

There's also Meghan Gardiner's *Love Bomb* at the Firehall Arts Centre until Oct. 10.

"(It's) a rock concert within a play, and a mystery on top of that," says Gardiner. "It was so gratifying to put together, but amidst all the fun, we knew we had a pretty dark story to tell. The darkness is what hooked me. Everything else was a way to tell the story."

Tickets are \$28 to \$33 at FirehallArtsCentre.ca.

And speaking of rock concerts, *Are We Cool Now?* is an indie-rock road trip inspired by Vancouver's own Dan Mangan (written by Amiel Gladstone).

"It's an indie-rock musical about life and love in your 20s, and Dan Mangan's music provides the backdrop," says Gladstone. "I've always been curious about how to get the music we listen to every day on to the stage. Dan and I knew each other and I really liked his music. We looked for a narrative in Dan's music and found themes of love, longing, nostalgia and road trips and *Are We Cool Now?* was born."

Check it out at the Historic Theatre at the Cultch until Oct. 10. Tickets start at \$20. Visit TheCultch.com.

IN BRIEF

First Nations' challenge of Northern Gateway pipeline to be heard in court

Multiple legal challenges aimed at overturning the federal government's approval of the Enbridge Northern Gateway pipeline will be heard starting today.

The challenges are expected to put the government's environmental approval process and its responsibility to consult with aboriginal groups in the spotlight.

Eight First Nations, four environmental organizations and one labour union launched the legal actions,

which will be heard at the Federal Court of Appeal over six days in Vancouver.

They argue the federal panel that reviewed the project failed to adequately consider threats to wildlife and oceans and excluded key issues of concern for First Nations.

The government accepted the panel's recommendations with more than 200 conditions and in June 2014 approved the \$7-billion project which would carry bitumen from Alberta's oil sands to British Columbia's coast.

THE CANADIAN PRESS

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Tories defend TPP trade deal

CARETAKER CONVENTION

Pact ignores protocol that limits activities during election

The Conservatives are conducting negotiations toward a massive 12-country trade deal — that could well prove to be their campaign centrepiece — in secret in the middle of an election, the Liberals and NDP charged Wednesday.

As Justin Trudeau unveiled the Liberal health-care policy plank, one of the last remaining pieces of his party's platform, and NDP Leader Tom Mulcair promised to establish a parliamentary science officer to advise his would-be government, the Conservatives were answering awkward questions about the Trans-Pacific Partnership, which could be announced, in some form, as early as Friday. Joe Oliver, in a rare national campaign appearance, defended the government's right to conduct official business during the election period.

The finance minister rejected



Federal finance minister and Conservative candidate Joe Oliver speaks during a news conference in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

suggestions that the government's continued pursuit of the TPP is a violation of the so-called "caretaker convention," which is supposed to limit government activity during an election period. "There is a protocol in place and we of course consult with the Privy Council on these issues,"

Oliver said.

"When there's a matter of importance or urgency for the government to deal with in the national interest then it's appropriate for us to do that. And this is certainly one of those cases."

The convention also stipulates that governing parties are

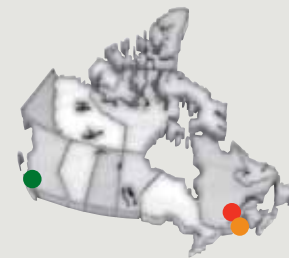
expected to consult opposition parties on matters that could end up tying the hands of future governments.

Trudeau flat out said he had "not been approached by anyone in government on the Trans-Pacific Partnership."

"One of the things that we've



WHERE THE LEADERS ARE THURSDAY



- **Stephen Harper** has no public events.
- **Justin Trudeau** will be in Montreal.
- **Tom Mulcair** will be in Montreal.
- **Elizabeth May** will be in Victoria, B.C.

seen over the past years with this government is an approach that has been secretive, non-transparent, that hasn't let Canadians know what it is negotiating and how it is negotiating, what is on the table," he said in Surrey, B.C.

"It would be unrealistic for us to expect that the whole world will stop and wait with bated breath for the outcome of Canada's election. But what we need to know is that our government is negotiating in a way that is going to enhance Canadian opportunities and growth while protecting our interests."

Trade Minister Ed Fast is in Atlanta for a renewed round of

negotiations, and speculation is rampant that an agreement in principle could emerge by the end of the week.

Mulcair said he is "very worried" about what Prime Minister Stephen Harper is willing to put on the table.

"I don't trust Stephen Harper as a negotiator," he said in Iqaluit. "He's not good at it. He has an ideological bent that means he doesn't care about what happens here at home.... We've been asking the prime minister to defend our supply management system in its entirety and we'll accept nothing less."

THE CANADIAN PRESS

CITIZENSHIP REVOCATION

Harper divisive, say opponents



Conservative Leader Stephen Harper is fostering division when he suggests that elite opinion is "completely divorced" from what ordinary people think, opposition candidates said Wednesday.

In an interview with Metro on Tuesday, Harper was asked about his past comments regarding "elites."

"It's not that elite opinion doesn't matter," he said. "Expert opinion always counts. But you cannot govern well, and you cannot govern properly, unless you understand the values and realities of ordinary Canadians."

As an example, he cited the government's law that allows them to strip people convicted of terrorism offences of their Canadian citizenship, if they have citizenship from another country.

He said the other parties' opposition to the law "is kind of elite political correctness on steroids."

However, local NDP and Liberal candidates said Harper is simply trying to divide Can-



Conservative Leader Stephen Harper. THE CANADIAN PRESS

adians with such remarks.

"Elite" is really anyone who disagrees with his ideological views," said Ottawa Centre Liberal candidate Catherine McKenna. "It could be the courts, the media, human rights organizations, often the legal community, or senior bureaucrats in the public service," she said.

Paul Dewar, the NDP incumbent in Ottawa Centre, said the Conservatives are trying to use the citizenship revocation law as a wedge issue.

He also said the Conservative government has often ignored or not sought the advice of public servants in creating certain laws.



INVESTIGATION

President of COC steps down amid allegations of sexual harassment

Marcel Aubut stepped down as president of the Canadian Olympic Committee and chairman of the Canadian Olympic Foundation on Wednesday for the duration of a sexual harassment investigation.

The COC received a complaint last Friday about Aubut and has retained Francois Rolland, former Chief Justice of the Quebec Superior Court, to head up an independent investigation.

"Mr. Marcel Aubut has learned of allegations concerning remarks he allegedly made to a colleague," said Aubut in a statement.

"He has offered his unconditional support to those responsible for investigating the remarks attributed to him and setting the record straight. This is a normal process that should be completed by mid-October."

The 67-year-old from Saint-Hubert-de-Riviere-du-Loup, Que., was asked to step away from his duties for the duration of the investigation.

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Rowan County Clerk Kim Davis said meeting the Pope with her husband has inspired her to continue to fight for her religious beliefs. TIMOTHY D. EASLEY/THE ASSOCIATED PRESS FILE PHOTO

Pope tells Davis to 'stay strong'

RELIGION

Secret meeting confirmed by Vatican baffles LGBT activists

Defiant Kentucky clerk Kim Davis met briefly with Pope Francis during his historic U.S. visit, an encounter she said validates her crusade against gay marriage.

"He held out his hand to her and she grasped his hand," her attorney, Mat Staver, told The Associated Press. "He asked her to pray for him and she said she would; she asked the pope to pray for her, and he said he would."

The Vatican essentially confirmed the meeting: The Vatican spokesman, the Rev. Federico Lombardi, given the opportunity to deny it took place, declined to do so and said merely that he would have no comment. The Vatican newspaper, L'Osservatore Romano, said the meeting was private and that no photos would be released.

Davis, an Apostolic Christian, became a protagonist in America's divisive culture wars

when she defied the federal courts by refusing to license same-sex marriages despite the landmark Supreme Court ruling that effectively legalized them nationwide. She spent five days in jail until her deputies agreed to issue licences without her approval.

Davis and her husband met with Francis alone for less than 15 minutes at the Vatican Embassy in Washington, Staver said. He would not say who in-



Pope Francis needs to state clearly where he stands in regard to the inclusion of LGBT people in the church and society.

Francis DeBernardo

itiated the meeting with the pope or how it came to be, citing a desire to be "deferential to the Vatican."

They chose to keep the meeting a secret while the pope was in the country, to avoid overshadowing his visit with the controversy that follows Davis,

Staver said.

Archbishop Joseph E. Kurtz of Louisville, Kentucky, president of the U.S. Conference of Catholic Bishops, also referred questions back to the Vatican.

"It was really very humbling to even think that he would want to meet me or know me," Davis told ABC News. "Just knowing that the pope is on track with what we're doing and agreeing, you know, it kind of validates everything."

For some, the pope's decision to meet with a figure as divisive as Davis sullied the legacy of his celebratory visit.

DignityUSA, an advocacy group for gay and lesbian Catholics, called their meeting "deeply disappointing" and said it could transform the public perception of the trip "from a largely successful pastoral visit to the endorsement of an exclusionary political agenda."

"That Pope Francis met privately in Washington, D.C. with Kim Davis throws a wet blanket on the good will that the pontiff had garnered during his U.S. visit last week," wrote Francis DeBernardo, the executive director of New Ways Ministry, another Catholic organization that advocates for gay rights.

THE ASSOCIATED PRESS

ISIL INTERVENTION

Russia calls for unified combat

Russia followed its launch of airstrikes in Syria with a call on Wednesday for the world to unite in the fight against terrorist groups, and Foreign Minister Sergey Lavrov told foreign ministers of world powers that his country was circulating a draft UN Security Council resolution to help make it happen.

Secretary of State John Kerry responded by announcing that the United States is prepared to welcome Russia actions in Syria if they are directed at the Islamic State of Iraq and the Levant (ISIL) group and al-Qaida, and promising that the U.S.-led coalition fighting ISIL in Syria would "dramatically accelerate

our efforts."

Syrian Foreign Minister Walid al-Moallem told the council that his country strongly endorses Russia's latest moves and called airstrikes in Syria that aren't coordinated with his government a "blatant contravention" of international law.

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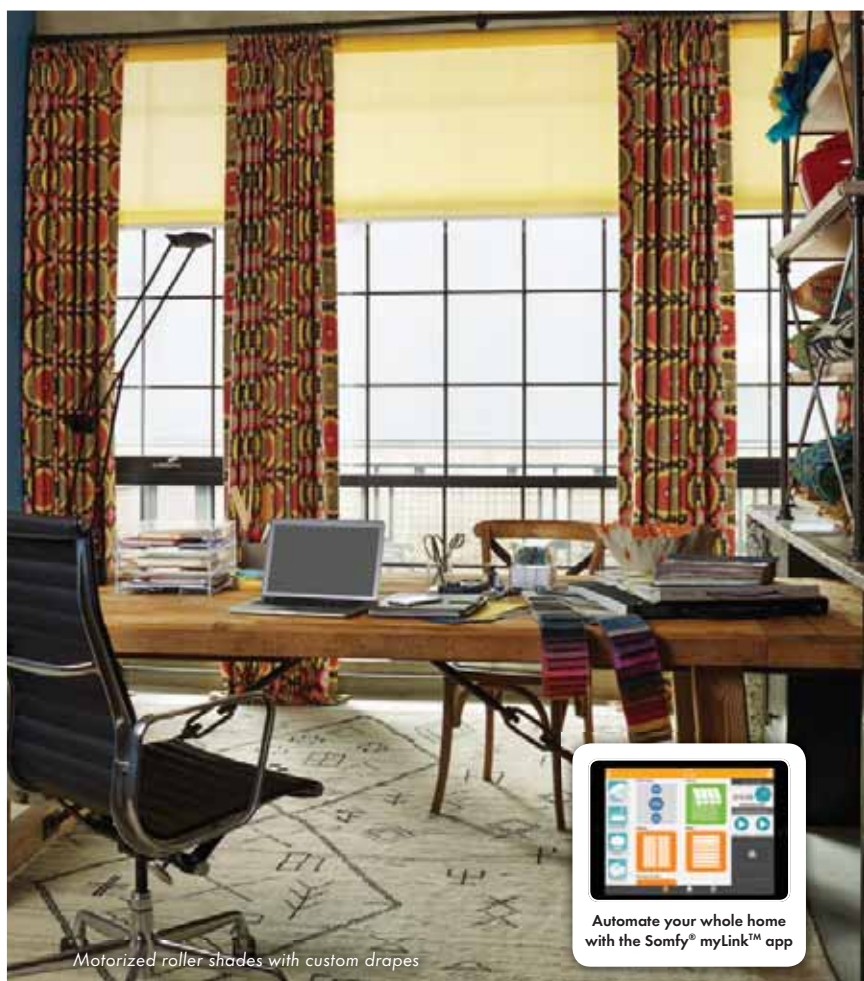


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Serving a new experience

MCDONALD'S

Rebranded ordering options to debut by 2017

McDonald's Canada CEO John Betts says lining up to pay for the same old burger will soon be a thing of the past.

The company is overhauling the way it does business, adding self-service kiosks and bringing table service and dedicated wait staff to its restaurants.

"We are kicking off a bold plan to transform what guests experience when they visit McDonald's restaurants across Canada," says Betts. "We want our guests to walk in and be wowed by an experience that's modern and personalized, but still the McDonald's they know and love."

The new kiosks will allow customers to personalize their orders as McDonald's adds a pre-



As part of the shift, the initiative will create 15,000 jobs domestically, and will encourage continued use of food sourced from Canadian suppliers. EUGENE HOSHIKO/THE ASSOCIATED PRESS FILE

mium burger to the menu with nearly 30 different options including five types of cheese, 12 toppings, two buns, a lettuce wrap and nine sauces.

The company says the plan will include the creation of 15,000 new jobs across the country as it adds employees who will greet customers and guide them through the ordering process.

Betts says most of the 1,400 McDonald's restaurants in Canada will be changed to the new ordering format by 2017.

The company said it is also continuing its mission to provide food that tastes good, and to use quality ingredients, many of which are sourced from Canadian suppliers. METRO, WITH FILES FROM THE CANADIAN PRESS

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CHANTAL HÉBERT: ON THE NDP IN QUEBEC



“A repeat orange wave is indefinitely on hold, and things could actually get worse for the New Democrats.”

Less than a month ago, the NDP was poised to sweep Quebec for the second federal election in a row. Now, a repeat orange wave is indefinitely on hold and things could actually get worse for the New Democrats.

An Abacus poll published on Monday showed the NDP still leading the pack in Quebec, but down 17 points from a mid-September sounding. Other polls have reported a smaller drop but all concur on the trend. As the election gets nearer, Thomas Mulcair's party is falling from grace in Quebec.

There is no doubt the controversy over whether Muslim women should be required to unveil their faces to take the oath of citizenship is acting as a catalyst for the drop in party fortunes.

An overwhelming majority of Quebecers support a niqab ban. The NDP opposes it.

But the New Democrat campaign had started to lose steam before the niqab appeared on the radar, for reasons more fundamental than the pent-up passions unleashed by a Conservative play on the identity front.

From a Quebec perspective the NDP's platform is an overwhelming one.

With the provincial government's cost-cutting crusade already taking a toll on its social programs, it is hard to think of a NDP commitment more likely to miss the mark with Quebec's progressive voters than the come-hell-or-

high-water determination to balance the federal books. If anything, many Quebecers are suffering from an overdose of government-imposed austerity.

The promise of a national universal child-care system has short legs in a province that has set up the most comprehensive program in the country on its own.

Mulcair's call to open the Constitution to abolish the Senate is similarly of limited appeal.

For one, it pits the NDP leader against Quebec Premier Philippe Couillard. He believes the Senate should be reformed, not abolished. And then there is the matter of Quebec's own long-standing constitutional agenda. Couillard insists that a round on the Senate would have to include

it as well.

On that score, Mulcair did not help his cause when he told Radio-Canada two weeks ago that the premier's stance was just part of the game.

Going into the campaign, the NDP leader's Quebec trump card was the sense that he was best placed to beat Stephen Harper. More so than any federal NDP initiative, it was the party's victory in Alberta last spring that cemented Mulcair's formidable pre-campaign lead in his home province. Now the fact that the party is running third in the rest of Canada is sinking in.

At this juncture, the question on everyone's mind is whether the NDP has hit bottom in Quebec or whether it could continue to lose support

THE MICROTREND: The prolific province



Ah, Saskatchewan. Wholesome, flat Saskatchewan. The province of grain growers, Saskatoon berries, and ... babies? Yes. So many babies. Saskatchewan is bucking the Canada-wide trend towards an aging population. The children from this fertile land still outnumber seniors. According to a new Statistics Canada report, 19 per cent of Saskatchewanians are under 15 years old, compared to a 16 per cent average in Canada. Just 14.6 per cent of the population is 65 or older, versus 16.1 per cent nationwide. Why? In part, it's a growing population of indigenous people, who tend to skew younger and have higher fertility rates. And as for the dearth of old folks — many are retiring elsewhere to escape those cold prairie nights.

SOURCE: NEWS TALK 650/THE CANADIAN PRESS

From a Quebec perspective, the NDP platform is an overwhelming one.

metroview

Want to close the pay gap? Women need to talk more about money



Renee Sylvestre-Williams
For Metro

Let's talk about something we rarely talk about: salaries.

Two incidents have shaped my views on salary negotiations.

The first was when I was negotiating my first salary increase. I was at an online media company and had recently taken on new responsibilities and hit some pretty impressive, measurable targets. I wanted a raise because I thought I deserved one. I made an appointment to speak with my boss.

After 30 excruciating minutes, I got a two-per-cent increase with a condescending, "You should be grateful for that." I handed in my notice three months later. I couldn't work for someone who tried to make me feel bad about asking for more money.

Canadian women make significantly lower wages than men for many reasons: A shortfall of women in senior positions, a widespread fear of asking for more and a dearth of conversations at the grassroots level.

We can help each other understand what we're worth.

To close the gap, we need to talk about money. We should talk about which companies provide the best work-life balance, which have the best perks and which offer the best pay.

Yet how many of us negotiate our salaries, or have told our friends what we make? Most don't.

According to a report released in May by the WEB Alliance of Women's Business Networks, Canadian women make an average of \$8,000 per year less than men in equivalent positions.

By discussing our salaries with our friends, we can tear down the systemic barriers that stop us from earning the same pay as men. We can help each other understand what we're worth.

And that's how you will get the support you're going to need when, not if, you ask for more money.

The second incident was when I was doing the hiring. We offered the candidate the full salary as budgeted. She asked for more. I told her we had offered her as much as we could afford. And I was so happy that she asked.

So, we need to have this conversation. I'll start. I freelance, so my income depends on how much work I get — but in my best year, I make close to \$70,000.

Now it's your turn.

Renee Sylvestre-Williams is the publisher of the Ethnic Aisle, a digital magazine about race and ethnicity in Toronto.

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PHILOSOPHERCAT
by Jason Logan

AN IDEALIST IS A PERSON WHO HELPS OTHER PEOPLE BE PROSPEROUS.





Not your average chick-lit author

BOOKS

Jojo Moyes releases the sequel to 2013 bestseller

A book that wins millions of fans is a tough act to follow. And British novelist Jojo Moyes was all too aware of this as she wrote *After You*, the sequel to her New York Times bestseller *Me Before You*.

"It has been the most nerve-racking book that I've ever written," she said in an interview. "So many people feel so invested in these characters."

To say that *Me Before You* was an unexpected hit is an understatement.

When Moyes decided to write a romance between a caregiver and her depressed, paralyzed patient, her publisher was lukewarm.

"In hindsight I can understand why," Moyes says with a laugh. "A quadriplegic man who wants to die doesn't sound like the most compelling piece of fiction."

Except, of course, it was. *Me Before You* introduced the world to Louisa Clark, an endearing English everywoman. Her predictable, small-town life was blown open when she went to work for neighbour Will Traynor, a London hotshot who had been paralyzed by a traffic accident.

Their bond was intimate and powerful, but ultimately not enough to save Will from despair — and in the final



British author Jojo Moyes' latest novel *After You* hit shelves this week. HANDOUT

pages they made the journey to Dignitas in Switzerland to end his life.

Hardly your average chick-lit plot, but then Moyes has never been your average chick-lit author.

The former journalist distinguished herself early on from the cocktail-sipping masses.

Known for her wit, humour and cultural savvy, Moyes writes against the grain, sidestepping the familiar tropes of glamor-

ous jobs and syrupy soul mates.

"I have an absolute horror of being seen as somebody who just writes the handsome man who came in and swept her off her feet and everyone lives happily ever after," she says. "I'm far more interested in the messy stuff."

Me Before You catapulted Moyes out of this pink ghetto and made her a bona fide literary star.

She was reviewed by serious

publications and tapped by MGM to write the screenplay for *Me Before You*, due to hit theatres in 2016.

Most significantly for Moyes — who's had two family members require around-the-clock care — it placed her at the centre of the assisted suicide debate.

"I don't think you can hang onto a moral absolute if you are faced with the reality of that situation," she says. "The

only people who know all the answers are the people who've never been faced with the questions."

Moyes began to receive daily emails from readers around the world.

"The ones that really stand out to me are from the caregivers," she says. "They get me into the same head space as Lou, which is: you don't see the disability, you see the person that you love."

The character Lou was a lightning rod for all this emotion and people clamoured to know what happened to her. Moyes found herself wondering too.

And so *After You*, out this week, resurrects her. The novel finds Lou holed up in London, reverting back to her old ways, leading a claustrophobic life and tending bar at an Irish-themed airport pub.

"To be part of someone taking their own life would be such a huge event," says Moyes. "I needed to show that there was a cost to those sorts of decisions."

Lou belongs to a comical church basement grief group, The Moving On Circle, but is otherwise alone (until a surprise plot twist blows open her world once again).

"When I put myself in her shoes, I thought: What would you do? You would just be leading this very solitary existence. Because how on Earth could you justify what you've been part of to people who don't know the whole story?"

"That is one of the things that intrigues me and is probably a theme that I'll return to again and again," she says.

"How things look from the outside are not necessarily how they are."

TORSTAR NEWS SERVICE

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Ben Wheatley's bold adaptation of J.G. Ballard's novel takes no prisoners. This scorching satire on class, hedonism and depravity in an imploding luxury apartment building is an even more apocalyptic class polemic than *Snowpiercer*. Throw in exquisitely unsettling turns from Tom Hiddleston and Jeremy Irons, a string quartet cover of ABBA's 1975 hit "SOS," an orgy or two and spice with cannibalism, and you have a tour de force of astonishing architectural ambition.

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Louder Than Bombs

(NORWAY/ FRANCE/ DENMARK, 105 MIN.)

When a war photographer (Isabelle Huppert) dies on assignment, her husband (Gabriel Byrne) struggles to mount a retrospective while dealing with his grieving sons (Jesse Eisenberg, Devin Druid) and her combative colleague (David Strathairn). Joachim Trier (*Oslo, 31st August*) poses tough questions about family, marital responsibility and balancing one's calling and kin. "A smart, measured tale steeped in understatement and complimented by first-rate performances..." —*Indiewire*

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Margaret Atwood says there are no heros in *The Heart Goes Last*. TORSTAR NEWS SERVICE

A modern, slightly dystopian satire

MARGARET ATWOOD

Latest effort 'a dark, romantic comedy'

Margaret Atwood is clearly having fun.

Her latest book *The Heart Goes Last*, is a romp of a book featuring sex robots, Elvis impersonators and blue teddy bears that are sure to give you nightmares for weeks to come.

And she's having a blast on Twitter, of which she's a prodigious user — she's tweeted pics of herself in Vegas on the arm of a Captain Jack impersonator.

"That's the fun bit" about social media, she says, in an interview in the airy downtown Toronto offices of Penguin Random House Canada where we're talking about the book as well as the possibilities of technology.

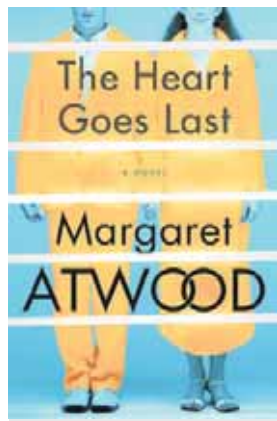
The Heart Goes Last began on Byliner, a "boutique" website that published literary authors online. Four episodes of the then-titled Positron series went up, but Byliner went down and the rights for the story reverted to Atwood and her Byliner editor Amy Grace Loyd suggested it become a book.

She calls it "a dark romantic comedy in which there are no heroes." But as with anything Atwood, satire ensures that even when you are having fun, you feel slightly uncomfortable.

The Heart Goes Last is a comment on current politics — on unbridled capitalism, on the trend to the conservative right, on the tough economic times being faced by young people

whose employment is precarious and whose dreams of a stable job, home and family are getting tougher to attain.

It's a thoroughly modern story, yet Atwood hearkens back to Victorian times and that era's novels of manners and the 1950s. She's long had a keen interest in the history and use of prisons — what should they be used for: punishment, to pay off a debt, to reform people, to make them penitent?



"We really need to think about that because right now we have an overstuffed prison system that's full of people who probably shouldn't be there at all and they're learning to be criminals."

This gives you a clue to what she really seems to be getting at in the latest of her more than 40 books of poetry, non-fiction and fiction.

So the idea is: why not use the prison for good: Let's give everybody a job and a roof over their heads. That gives birth in

the book to the Positron Project — those who sign up live happily in the town of Consilience; the only trick is they have to live in a prison every second month.

"This is a nice utopian scheme, it is a time-sharing scheme in which you play the prisoner one month and you get to be a citizen the next month."

The world of Consilience is filled with echoes of the '50s. "They structure it to be a very calming situation."

It doesn't quite work out as a panacea to society's ills, but it does provide Atwood a way of looking at human nature — both of those who are running the joint and those who have signed up to stay inside.

While she is adamant there will be no spoilers, Atwood will say "I do think absolute power corrupts, and I do think absolute temptation is very tempting if you think that nobody has oversight or can catch you doing whatever it is you're doing."

While it might seem rather hopeless, Atwood doesn't see it that way. She's compassionate, but she doesn't let us dodge personal responsibility.

Which brings us back to the sex robots.

"With each of the technologies we develop there's a good side, a dark side and a stupid side which are the effects we hadn't anticipated. It's a Pandora's box."

"We've discovered a lot of things that could've destroyed us and we've pulled back in time," she notes.

The technology is neutral, she says. It's what we humans do with it that counts.

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Sex and politics of the beach vacation

FARZANA DOCTOR

Story follows character who works at an all-inclusive resort

Sue Carter
For Metro Canada



Creative inspiration can strike at the oddest times.

Just ask Toronto author Farzana Doctor, who had been working on her third novel, *All Inclusive*, for several years and was feeling stuck and frustrated.

Then one night, a voice spoke to her as she was riding her bike down a steep hill.

Doctor's story follows a young woman named Ameera, who lives and works at a Mexican all-inclusive resort.

After hearing that voice speak to her, Doctor knew immediately that the missing character was Ameera's father, Azeez, who died in the 1985 Air India bombing that killed more than 300 passengers and crew.

“



I began to wonder about the ... inequalities that allow middle-class Canadians to enjoy these vacations

Farzana Doctor

“When I stopped my bike to take this in, I felt, ‘Oh my God, I don’t want to write about that,’” Doctor says.

“I also wondered, ‘Can I write about it? I don’t have a personal connection. I’m not a family member of one of the victims.’”

As she started researching the Air India tragedy, considered the worst terrorist act in Canadian history, Doctor realized there hasn’t been much fiction published on the subject.

“I thought I could write a story from a different perspective, and add to the remembrance of this really important event,” she says. “You want to address the issue with integrity — there are real family members of the victims out there.”

At the heart of *All Inclusive*, published by Dundurn Press,

is Ameera’s relationship with Azeez, though she never had a chance to physically meet her father, who was killed in the bombing a day after a brief tryst with her mother.

But he is a presence, as he observes her life on the resort from the afterworld.

Doctor says she has a “love-hate relationship” with all-inclusives, stemming from when she was a child.

“These are places where my family went on vacation and I got a lot of attention from my fairly busy parents,” she says. “But then as I grew more politicized, I began to wonder about the social and financial inequalities that allow middle-class Canadians to enjoy these vacations where the staff are invisible and in the background.”

Six years ago while vaca-

tioning at a resort, she became fascinated with one of the tour operators.

“How does she live? What is it like to work here? It’s the middle of winter and I wondered what it would be like to live in a tropical place all the time, and to deal with annoying tourists,” Doctor says.

“These resorts are a bit like walled-in amusement parks. They exist within countries but they are countries unto themselves, and feel like a blank slate for writing a novel.”

In *All Inclusive*, Ameera not only deals with tourists, but they’re also a source of sexual pleasure, as she discreetly hooks up with vacationing couples whom she hopes she’ll never see again.

“I wanted to explore her sexuality as a metaphor for her growth. I see all that as a way of her becoming more grounded in who she is,” says Doctor.

“But really, the book is about a father and a daughter finding themselves and each other.”

Sue Carter is the editor at Quill & Quire magazine.



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GOSSIP BREAKUPS

Long time coming

Amanda Seyfried has apparently kicked boyfriend Justin Long to the curb after two years of dating, according to Us Weekly. "It happened a few weeks ago," a source explains. "He's really heartbroken." Earlier this year in an interview with Vogue, Seyfried both revealed how she initially fell for Long — on



Instagram, if you can believe it — and hinted that things might not be working out so well.

"I thought something he said was really funny. It was a beautiful picture of a snail, and the caption said, 'F—ing MOOOOOOOOVE.' It made me laugh out loud, so I texted him," she explained.

But: "Making movies is two solid months of 12-, 14-hour

days. I mean, it can ruin your relationship." Apparently she wasn't just talking hypothetically. NED EHRBAR/METRO

Austin Green wants that green

Poor Brian Austin Green. Not only is he going through a divorce — amicable or not — with Megan Fox, but now everyone gets to see the documents showing him ask-



ing her for spousal support. TMZ got its hands on the filing this week in which Green valiantly checks the "spousal or domestic partner support" box, indicating that Fox is the bigger earner of the two. Which makes sense since Green has apparently been battling vertigo and not working much since he and Fox were in a car accident last December. Bummer, man. NED EHRBAR/METRO

O Brother, There art thou

SCREENING

Clooney and Coens reunite for film's 15th anniversary

George Clooney joined the Coen brothers, and co-stars Tim Blake Nelson and John Turturro at a special 15th-anniversary screening of *O Brother, Where Art Thou?* at the New York Film Festival.

Clooney remembered he had just left a successful TV series when the opportunity came up.

"I was an actor coming off of *ER*," said Clooney Tuesday night after arriving at the event. "The Coen brothers said, 'Do you want to do a movie?' And I was like, 'Yeah, I'll do a movie with the Coen brothers, are you kidding? They do great films.' I just couldn't believe my luck."

Clooney admits he felt a geographic familiarity with the characters. "I grew up in Kentucky and I kind of know these guys a little bit," he said.

Ethan Coen and his brother, Joel, wrote the screenplay, based on *The Odyssey* by Homer, and directed it. While the film was critically



George Clooney talks with Joel Coen on the red carpet before a special 15th anniversary screening of *O Brother, Where Art Thou?* during the New York Film Festival. THE ASSOCIATED PRESS

acclaimed and enjoyed moderate success, the soundtrack was a smash hit. Produced by T Bone Burnett, it was made up of artists from the American roots music scene that included Alison Krauss, Ralph Stanley, Gillian Welch and Emmylou Harris. It sold 8 million albums and earned a Grammy Award for album of the year.

Coen loved how the music and the film unexpectedly came together, but also discussed the tricky marriage of the two.

One of biggest hits from the film, *I Am a Man of Constant Sorrow*, sung by the fictional Soggy Bottom Boys, which included Clooney, Blake-Nelson and Turturro, does not include Clooney's voice. It was actual-

ly bluegrass musician Dan Tyminski.

Clooney told reporters he originally recorded the track, but after he came out of the recording booth, producer Burnett just put his head down and looked away. Clooney said he knew at that moment his voice was getting dubbed.

THE ASSOCIATED PRESS

RELATIONSHIPS

Ben dumps his nanny

Ned Ehrbar

Metro | Hollywood



They said it was just a phase, and apparently they were right. Ben Affleck has reportedly called off his post-divorce dalliance with his and Jennifer Garner's former nanny, Christine Ouzounian — to the rejoice of spell-checkers everywhere.

"He cut ties with her recently," a source tells Life & Style. "He told Christine he couldn't handle another relationship when things were still so painful and raw between him and Jen."



Sure, that. And maybe also because you shouldn't date the nanny? I mean, I understand the siren song of convenience and all, but come on. "He had fun with (her), but it wasn't love," the source adds, wistfully.

You know who was totally surprised by this development? Ouzounian herself, apparently, who was "blindsided" by the breakup.

"When Ben finally told Christine things were over, she was pissed," another source says. "Christine is very upset and says Ben should be worried. In her mind, this is far from over."

Oh, delightful.

VEHICULAR MANSLAUGHTER

Jenner off the hook

Prosecutors declined to charge Caitlyn Jenner on Wednesday in a California car crash that killed another driver, citing insufficient evidence to support a case.

Authorities said Jenner was towing an off-road vehicle on a trailer behind a Cadillac Escalade on Feb. 7 when she crashed into two cars, pushing one into oncoming traffic. Driver Kim Howe died when her Lexus was hit by a Hummer in Malibu.

"We believed from the start that a thorough and objective investigation would clear Caitlyn of any criminal wrongdoing," said Blair Berk, Jenner's attorney. "We are heartened the district attorney has agreed that even a misdemeanor charge would be inappropriate. A traffic accident, however devastating and heartbreaking when a life is lost, is not necessarily a criminal matter."

The accident occurred before Jenner announced she is transgender and transitioned into her new identity as Caitlyn. Sheriff's investigators previously determined that Jenner, 65, was travelling at an unsafe speed for the road conditions at the time and there was enough evidence to support a vehicular manslaughter charge.

The case was then referred to the district attorney's major crimes division. A prosecutor wrote in a one-page sheet declining to file charges that Jenner was travelling slightly below the posted speed limit and began braking less than two seconds before the crash.

To prove misdemeanor vehicular manslaughter, prosecutors would have had to show Jenner was negligent and had violated a basic speed law.

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What's old is new again

CONDO TRENDS

A look at historic home renos and condo conversions around Canada

Duncan McAllister
For Metro Canada



In a popular real estate trend, former warehouses, churches and industrial buildings all across Canada are being converted into lofts and condos. In addition, a number of new condo builds are incorporating a historic podium or heritage facade, serving as the base of a brand-new tower rising above.

When done right, these venerable residential transformations make for a unique and classical living space, with vaulted ceilings, sash windows, limestone features, exposed brick and period lighting fixtures — exquisite details that you just don't find in contemporary buildings.

The former Eden House at 147 East Gate in Winnipeg was built in 1885, and has a lot of the original character to it. The century home is currently up for sale. "It's got that grand old home feel; it still has the servants' quarters," says real estate agent Tannis Engel.

Originally the Arthur F. Eden house, it's the oldest standing house in Armstrong Point. "It's right in the heart of downtown in a little pocket community along the river," says Tannis. The family has owned the property for 37 years. "It's true to its original size and shape and she (current owner Roslyn Scott) has restored it as accurately as she could."

In Edmonton, Chandos Construction Ltd. jacked-up a five-storey herit-

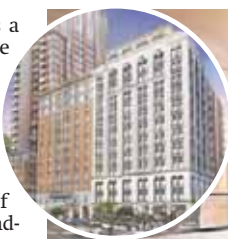


The former Eden House at Armstrong Point in Winnipeg was built in 1885, and still has a lot of its original character. ALL PHOTOS CONTRIBUTED

age building, previously used as a warehouse, and built a parkade under it. No small feat under any circumstances. The Phillips Lofts at 10169-104th St. is a heritage condo conversion in Edmonton's Warehouse District.

The existing structure of the 90,000-sq.-ft. building consisted of rough-sawn timbers with a post-and-beam configuration. The Chandos design team incorporated these features to maintain the heritage of the building.

The Residences of Royal Connaught at 112 King St. E. in Hamilton, Ont., is a century-old grand hotel that has been meticulously renovated by Valery Homes and the Spallacci Group and converted into



The Residences of Royal Connaught in Hamilton.

modern condominium suites.

An exquisite art-deco lobby is the centrepiece of the heritage restoration. The grand foyer opens up to 23-foot ceilings with crystal chandeliers. Designed by KNY Architects, the completed project will include three new residential towers housing 700 condominium suites in the heart of downtown.

Valery Homes president Ted Valeri says that a project of this magnitude has many challenges. They literally saved the old hotel from the wrecking ball and brought it back to life.

"We've never done anything quite so fulfilling and satisfying," Valeri says. "It's a very rewarding feeling. The Royal Connaught is a special place to Hamiltonians."

+ A 19TH-CENTURY FACADE, A SECRET WAREHOUSE AND MORE

The Dillon Market Street 2941 Market St., Halifax

This new, eight-storey condominium building rises up from a historic facade from the 1800s. The development by Mosaik Properties is located at Market and Sackville. Built in 1860, the original structure housed a market on the main floor, run by the Dillon family. Dillon's Corner became a lively hub of commerce and the area became known as Market Street.



The Dillon Market Street condos.

Legendary Warehouse Lofts 1920 Bank St., Ottawa

Legendary Warehouse is a new condominium residence by Linden Developments with 10 storeys and 116 units. Legend has it that the building was a secret warehouse in Ottawa's south side, used to store kegs of whiskey. Currently under construction, the authentic loft-style condo spaces are industrially inspired, with a natural stone and wood lobby. The suites offer a live-work environment.

Imperial Lofts 220 11th Ave. SE, Calgary

With towering 13-foot ceilings and an open floor plan, these authentic lofts boast exposed brick walls and a concrete framework, with downtown views through industrial-sized windows. Built in 1929 to house the Imperial Tobacco Company, the vintage building was converted to condos in 1995.

The First Baptist Church 969 Burrard St., Vancouver

Plans are underway in downtown Vancouver to build a 56-storey condominium tower behind the historic First Baptist Church. If approved, the lands of the Gothic-styled church at Burrard and Nelson are about to undergo a major redevelopment in a collaboration with Westbank Corp. and Bing Thom Architects that will include a condominium and community gardens.

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Fall's hottest home trends

INTERIOR DESIGN

Nature-inspired hues, industrial vintage look come to the fore

If you're looking to update your home decor this fall, you'll find new furniture profiles, accents and textures galore, in everything from rugs to wall coverings to ceramics and bedding.

The trend toward mixing things up continues, from rustic to contemporary with a dash of traditional.

"What's interesting is the warm breath of traditional style that infuses the season's midcentury influence: Furniture, textiles and accessories, no matter how sleek-lined, are warm, inviting and touchable," says New York designer Elaine Griffin.

Also coming on is the handmade or "collected" vibe.

"Our desire for authenticity, as well as for finely crafted and small production design, is resonating," says Jackie Jordan, colour marketing director for the paint manufacturer Sherwin-Williams. "We want to know whose hands actually created the object we're purchasing, and how and where the materials were sourced."

Griffin concurs: "This season, the handmade look reigns supreme, with highly textured fabric weaves, wallpapers (faux bois, faux hand-painted murals, and multicoloured and metallic-layered geometric prints) and appliquéd effects on upholstery."

Expect more tabletop accent pieces and furniture labelled with place of origin and/or maker's information, whether they were crafted in Indiana or India.

One new kid in town is Scandinavian style. Simple, clean lines, gentle colours and charming motifs make for a look that's contemporary and accessible.

And the dark horse? With the popularity of midcentury modern, some designers are ready to move forward to a 1980s redux. Decorators have welcomed '60s- and '70s-era macramé, flame stitch, classic furniture and retro fabric prints. Will they also embrace Memphis style—the '80s design movement characterized by disparate geometric shapes



Paisley is one of fall's most fashionable patterns.

POTTERY BARN VIA THE ASSOCIATED PRESS

and contrasting colours? Griffin thinks there'll be more to this trend come spring.

Colour

Jordan sees a shift "to soft monochromatic palettes," citing creamy whites and mineral tones—grey, khaki, earth tones, and nature-inspired hues like spruce, smoke, pond and shell pink.

"The serenity of these colours provides a sense of calm to balance our hectic lifestyles, and celebrates natural materials (and) honed, soft and sheer finishes," she says.

Stronger hues are in play, too. Griffin sees last spring's pale pastels evolving into deeper, Southwestern hues like terracotta, pale pumpkin, deep salmon, dusty rose citron, and smoky French and teal blues.

Look too for boozy, midcentury modern hues: brandy, burgundy, whiskey and merlot, as

well as navy and olive.

Materials

Again, it's all about the mix. "For both furniture and accessories, when it comes to finishes this fall, one is a lonely number," Griffin says. "The freshest looks combine at least two colours and materials, like black lacquer with metallic accents (especially brass and copper); white enamel with gleaming metallic, acrylic pieces in harvest hues; and industrial iron paired with chrome."

Patinated and polished brass, marble, copper, steel and mirror clad everything from accent pieces to furniture. See West Elm, Wisteria and CB2 for examples.

While silver and chrome are big players, Michael Murphy, design and trends producer for Lamps Plus, says brass and gold will be especially strong, especially in softer, burnished tones.

"These metals can be easily



A trim midcentury sofa in one of this fall's trending shades of deep blue.

WEST ELM VIA THE ASSOCIATED PRESS

introduced in the home with a table lamp, chandelier or distinct accessory like a large vase or unique table sculpture," he says.

Interesting woods continue to make inroads in furniture, flooring and doors. Watch for acacia, walnut, birch, maple and beech, and finishes ranging from weatherworn to highly lacquered.

Pottery Barn's new Bowry collection of tables and storage units uses reclaimed acacia, teak and mango hardwoods. The Warren pulley lamp's rustic-finished iron and functioning pulleys make for a steampunk-style fixture.

Konekt designer Helena Sultan's Pause chaise lounge perches a comfy upholstered seat on brass or chrome legs, in several finishes.

And saddle and butter-soft leathers are strong players in ottomans, director's and club chairs, and benches.

The flip side is the proliferation of translucent like acrylic and glass, often combined with other materials.

"These materials are being combined with unique fabrics like fur to create a clearly contemporary trend," says Murphy. "We see this where the tops of settees, benches and stools are covered with a luxe fur and fabrics, and the legs are made from clear materials."

Jonathan Adler has a Lucite

étagère with polished brass joinery, and a burled wood desk on Lucite legs. Gus Modern's acrylic end table is etched with a white grain pattern to look like a piece of timber.

Pattern and texture

Channel quilting, in which stitching runs in one continuous line, is another trend to watch for. The straight lines, even spacing, design detail and comfort all add to its appeal. "This is part of the continued resurgence of Art Deco, which is synonymous with fluid lines, bold shapes, lavish ornamentation and metallic finishes," says Murphy.

Look for rattan and other woven fibres in items beyond basketry, like wall art, bowls and ottomans.

Shags, nubby wools, Southwestern-patterned flat weaves and Impressionist-patterned Indian silks will be on the floor of rug departments this fall. West Elm has some graphic kilim rugs and pillows.

Geometrics and facets cover textiles, vases and mirror frames. Some have an organic quality—think beehives or reptile skin. But rendered in iron or wood, they can have an industrial vibe.

In wallpaper, look to Tempaper, Wolfum and Timorous Beasties for intriguing patterns ranging from '80s Southwest to Japanese archival prints to nature themes. THE ASSOCIATED PRESS

+ NU-METALS

Jordan says the handmade look extends to metals: "We're seeing materials hand-carved, forged and assembled. Imperfections and flaws in materials like iron, wood, concrete and hand-woven wool only add to the character of the piece."

One interesting place to see this trend is the bathroom: vintage-style, weathered-bronze and cast-iron fixtures. Stone Forest introduced the Ore Vessel sink, inspired by an antique steel pipe cap. The Industrial series, with a cast-iron sink, towel bar and paper holder, has an old-school factory quality.



A new Ore Vessel by Stone Forest. DAVID O. MARLOW / STONE FOREST VIA THE ASSOCIATED PRESS



A reclaimed wood coffee table that is part of Pottery Barn's new Bowry collection. Reclaimed wood is an increasingly popular material for furniture. POTTERY BARN VIA THE ASSOCIATED PRESS



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6

BATH MATS TO ADD STYLISH CUSHION UNDERFOOT

You might not be able to renovate your bathroom into a luxury spa, but you can sure as heck add some whimsy. Here are six fabulous bath mats to help absorb your drips.

Karl Lohnes
For Metro Canada



1 I Woke Up Like This Bath Mat
Empower yourself every morning. \$42, UrbanOutfitters.com

2 Lacoste Memory Foam Bath Mat
Show them your luxurious preppy side. \$50, TheBay.com

3 Victorian Whale Bath Mat
Invite this majestic sea creature into your bathroom for a whale of a time. \$58, Anthropologie.com

4 Microdry Memory Foam #WASH Bath Mat
Hashtag your bath time for guaranteed popularity. \$15, BedBathAndBeyond.ca

5 Marine Anchor Bath Mat
Lure your favourite sailor into the tub for some clean fun. \$20, Simons.ca

6 Star Wars Bath Rug
Darth Vader needs to shower too. \$35, Sears.ca



A big family masters the art of living tiny

BALANCE

Couples with kids join the tiny-house movement

Last year, William and Laura Baird got rid of half of their kids' toys, half of their kitchen's contents and a third of the family's clothes. It wasn't just de-cluttering — they also ditched almost three-quarters of their home's square footage, moving from a



The Baird children play outside their cabin on wheels in Myrtle Beach, S.C. ALL PHOTOS LAURA BAIRD VIA THE ASSOCIATED PRESS

three-bedroom house into the 440-square-foot cabin on wheels that they share with their three children, three cats and a hamster.

"I was looking for less to clean," Laura Baird said. "Less upkeep, less impact on the environment, less electricity, less use of resources."

Living with less is the philosophy behind the tiny-house movement — the rising popularity of scaled-down homes, usually less than 500 square feet, some as small as 80 square feet.

Living in these small spaces

Every room has at least one cat in it.

Eight-year-old Jessica Baird on her favourite part of living in a 440-square-foot cabin.

does mean less responsibility (low prices means many are mortgage-free) but a growing group of tiny-house dwellers are far from rootless vagabonds. Like the Bairds, they're parents with young children.

Laura, a nature educator at a state park, and William, a philosophy professor, have gotten creative to maximize space in their new home, which is parked in a campground in Myrtle Beach, S.C. (they plan to eventually move it to their own land). They've built a fold-out table for family meals, installed bunk beds for their eight-year-old twin daughters and designated their four-year-old son's sleeping loft as the playroom. Laura even ripped out wall panels in the kitchen to build a spice cabinet when she discovered three inches of wasted space.

The family is still trimming

down their belongings and settling on where to store things (bulky towels are especially challenging) but the parents like that they spend more time together as a family, and more time outdoors.

"We're figuring out how to compromise more, even if it's just, 'I'm going to the bathroom now and you can go after me,'" Laura Baird said. "It's not as convenient as having a big house where each kid can have their own room, but it's not necessarily a good thing that everything's convenient."

Small-space living with kids in tow means balancing a commitment to minimalism with the realities of family life, said Derek Diedricksen, a tiny-house designer and builder and author of the new *Microshelters: 59 Creative Cabins, Tiny Houses, Tree Houses, and Other Small Structures* (Storey Publishing). "Just because you have a space that a kid can sleep in, that's not going to be enough," he said. "You need some common living and breathing and moving space.... It shouldn't be a jigsaw game of Jenga to be able to sit down."

In addition to having a



William Baird cooks in his family's cabin on wheels.

roomy common area, Diedricksen suggests thinking about privacy, including isolating adults' sleeping space and insulating interior walls so everyone can get some peace and quiet. Other tips when designing a tiny family home: Don't skimp on win-

dows — they make a small space feel less claustrophobic — and plan for storage, including offsite space if necessary. Diedricksen recommends storage sheds, which can double as offices or even playrooms in a pinch.

THE ASSOCIATED PRESS

CANADA'S FIRST 5 STAR SERVICES ON DEMAND



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PLACE



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*Boulevard Kitchen
& Oyster Bar*



Jackie Kai Ellis
Beaucoup Bakery



Susie Wall
Inspired Style



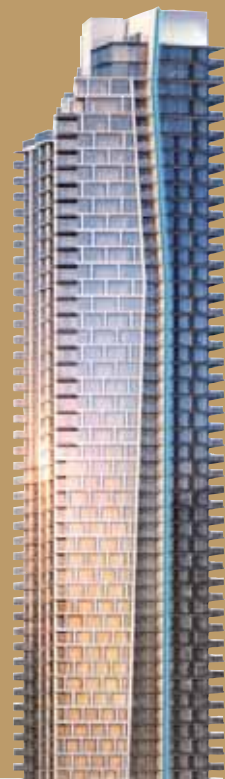
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The mistakes homebuyers make

COSTLY

First-time homebuyers can end up investing in a nightmare

Analyse Smart For Metro

Buying a home can be one of the most rewarding decisions you'll make, but make the wrong moves, and you could end up investing in a costly nightmare.

Mike Stewart, a Vancouver-based Realtor®, shares some of the most common mistakes he sees with first-time home buyers.

Not speaking to a lender or mortgage broker first

Stewart says most people wouldn't go shopping without knowing how much money they have in the bank or available credit on their cards, and the same should apply when shopping for a home.

"A lot of first-time homebuyers get out there and say, 'OK, great, my mom says I can get a



Research the real estate agent beforehand so you know there's expertise behind that firm handshake. SHUTTERSTOCK

loan for \$700,000. Let's go find a place," he says. "And then they spend all their time, all their family's time, all their Realtor's time, get an accepted

offer on a property and after a huge big hassle it turns out they can only afford \$200,000."

Talking to a mortgage broker first, he says, will let you know

exactly what you're working with.

Not hiring a Realtor

Stewart says you should always

get a Realtor, who will prevent you from making mistakes like overpaying. "Hiring someone who knows what they're doing and you don't have to pay

them — that's worth its weight in gold," he says.

You should also make sure to research the people you will be hiring beforehand.

"The Internet is the most powerful system for doing due diligence on professionals that exists," he says. "If there's nothing on this person, they're probably not very experienced. If there's tons of stuff on this person and it's all positive, chances are you want to work with them. If it says Joe Realtor is a scumbag and he ripped me off, then you don't want to work with that person."

Not getting a home inspection

Getting a home inspection saves you from learning unpleasant truths about your home later. Stewart lists some of the possibilities that may await you should you not heed this advice.

"You buy a house with asbestos, you buy a house with mold, you buy a house that's been renovated without permits and you can't get insurance on it — if you can't get insurance, you can't get a mortgage," he says. "Basically, getting a home inspection will help you avoid buying a money pit."

Flipping versus buying

Real Estate is one of the smartest investments you can make. The long-term trend in Canada is that the value is almost certain to go up — but if you are looking for a quick turnaround, flipping may or may not be right for you.

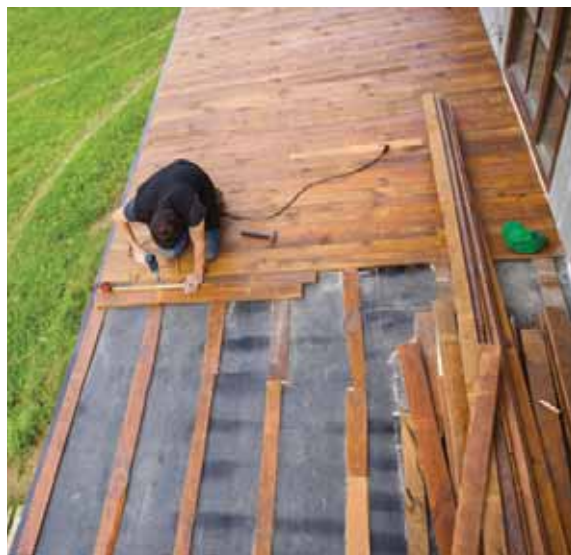
John Stassen, a designer, contractor, renovator and former host of HGTV's The Big Flip, says buying with the intention of flipping versus a longer-term investment will call for different strategies.

When choosing a home to live in, buyers might be OK with paying a little above market value and won't want major renovations as it is just too disruptive.

Those looking to flip, however, are playing by a different set of rules.

"You're looking for the worst home on the best street, and you can't be afraid of walking away from a deal if the competition drives the price up beyond what your calculations show you can purchase it for," he says. "The most common mistakes made are underestimating the cost of the renovations and overpaying for a property you have chosen as a flip."

Stassen says you also need



You need a lot of working capital for flips. SHUTTERSTOCK

a lot more working capital for flips, with projects he's worked on ranging from under \$30,000 to more than \$180,000.

"You will definitely need access to extra cash and/or reasonable rate financing when taking on a project," he says. "While flipping you can go months

before seeing your profit on a project and you can't be left struggling to pay your own bills."

Choosing the "right" neighbourhood also becomes more important.

"The joke we had was if the area already has a Starbucks in it you'd missed the boat for flip-

FROM A BROKER

Lina Porretta, a broker with Forest Hill Real Estate in Toronto, says getting financing to flip a home is not as easy as it would be for your home. "Getting a mortgage for a second property isn't as easy as borrowing for your primary residence," she says. "If you aren't able to secure traditional financing, third party lenders charge premiums." Your taxes may also be different, so Porretta advises speaking with your accountant to understand the tax implications of your purchase.

ping," he says. "The key is to find areas that are just beginning to gain popularity."

Stassen says combining traditional home purchasing and flipping can be a great strategy. "If you can afford it the approach of buying a property while residing elsewhere, renovating it then moving in for a year or more before selling can provide the best of both worlds," he says.

ANALISE SMART/FOR METRO

THE HOOD

How to pick the right location

Location, location, location is the home-hunter's maxim, so how to choose?

Real estate professionals say that what makes something the "right" neighbourhood is as much a personal preference as it is an intrinsic rule.

Ramin Khaze, a sales representative with Forest Hill Real Estate Inc. Brokerage in Toronto, says his advice for choosing the right neighbourhood is the same he would give about choosing the right house.

"They need to keep in mind that there is no perfect neighbourhood just like there is no perfect house," he says. "No matter where you end up you will have to sacrifice something, whether it is the commute to work or a school district for kids, or access to public transportation."

Khaze says homebuyers need to make a list of what they want, with considera-

tions that include everything from budget, to whether they want a new home or an older one, right down to how many bathrooms are needed and what kind of finishes are desired.

Ideally you want to strike the right balance between the home you want and the neighbourhood you want, Khaze says.

"Some clients prefer to sacrifice size and living space to be more in the action Other clients would compromise the neighbourhood to have a house where they get what they want in size, bedrooms, land and such," he says. "It goes back what is important to you in a neighbourhood versus what is important to you in a house."

As for concerns about weighing budget against the desire to live in a particular neighbourhood, Khaze says buyers shouldn't stretch themselves too thin.

"I always tell clients to think with their heads and not their hearts, he says. "They may fall in love with a neighbourhood, but they may not end up enjoying it because they have stretched themselves so much financially they can't go out and enjoy it. You want to be comfortable in your new home and new area." **ANALISE SMART/FOR METRO**



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Doctors say it's important for young people and the elderly to receive a flu shot to protect them from the flu virus. SHUTTERSTOCK

What do doctors prescribe?

ADVICE

Handwashing, flu shot are best ways to limit spread of viruses

Rhonda Riche
For Metro

With cold and flu season around the corner, Metro checked in with three doctors from across the country to see what steps they take to prevent or treat viruses.

Here is their advice:

DR. PIERRE PLOURDE, MEDICAL OFFICER OF HEALTH AND INFECTIOUS DISEASES SPECIALIST, WINNIPEG REGIONAL HEALTH AUTHORITY

WHAT STEPS DOES YOUR FAMILY TAKE TO PREVENT COLDS AND INFLUENZA?

"The flu shot, frequent handwashing and plenty of sleep."

WHY IS HAND HYGIENE SO IMPORTANT?

"We touch so many things in a day. And kids more than any other age group share more bodily contact and are more susceptible to viruses. Not

everybody who is exposed is going to get sick, but they can still pass it on."

HOW OFTEN SHOULD WE WASH UP?

"You don't have to overdo it. What's important is to wash up before you eat or prepare food and after you use the washroom (or help a little one use the washroom) or arrive home from outside."

IF A FAMILY MEMBER GETS SICK, HOW DO YOU KEEP THE REST OF THE HOUSEHOLD FROM CATCHING A BUG?

"When a child is sick, you're not going to refuse to cuddle them. In our family, we wash our hands the old-fashioned way — with soap and water — whenever possible at home. Proper handwashing is important when you're sick and when you're well — even a well person can pass on germs they've come into contact with. In a busy household, you'd likely want to have hand sanitizer available in high-traffic areas or for when a sink isn't available."



Research shows that vitamin D may help the immune system. Supplements are a good bet during the winter. SHUTTERSTOCK

DR. KAREN WILSON, GENERAL PRACTITIONER, TORONTO

HOW DO YOU PROTECT YOUR FAMILY AGAINST FLU?

"We do handwashing and flu shots. I have two kids, aged 12 and 13. Like most people who get the flu, if they get sick they are only out for a couple of days, but for those with weaker immune systems, like the very young or older people, influenza can be damaging. If you have family members in those groups, you need to get a shot to protect them."

IF SOMEONE IN YOUR HOUSEHOLD GETS SICK, HOW DO YOU TREAT THEM?

"Rest. Even if you already have flu, vitamin D may help."

WHAT OTHER STEPS CAN ONE TAKE TO STAY HEALTHY?

"Research shows that vitamin D may help boost the immune system. In summer, many people get at least some of their daily requirement of vitamin D from the sun, but during the winter months, when there's not as much light, you may want to consider getting it from vitamin supplements."

DR. MICHAEL LIBMAN, DIRECTOR OF THE J.D. MACLEAN CENTRE FOR TROPICAL DISEASES AT MCGILL UNIVERSITY, MCGILL UNIVERSITY HEALTH CENTRE

HOW DOES YOUR FAMILY FIGHT OFF COLD AND FLU?

"We're the same as everybody. We get flu shots, practise frequent handwashing. I'd also advise trying not to touch your face. There's no need to get paranoid about your kids getting sick. Being exposed to cold and flu is not a bad thing. As long as young people are relatively healthy, evidence suggests that exposure to these viruses helps children develop some immunity to them."

IF A FAMILY MEMBER GETS SICK, HOW DO YOU KEEP THE REST OF THE HOUSEHOLD FROM CATCHING A BUG?

"I say watch your hygiene. Use disposable tissues to cough or sneeze. It's not just family that you want to protect — don't be brave and try to go into work. When you're sick, you are not particularly efficient. Often, when you're sick, you're not doing your colleagues any favours by making them sick."

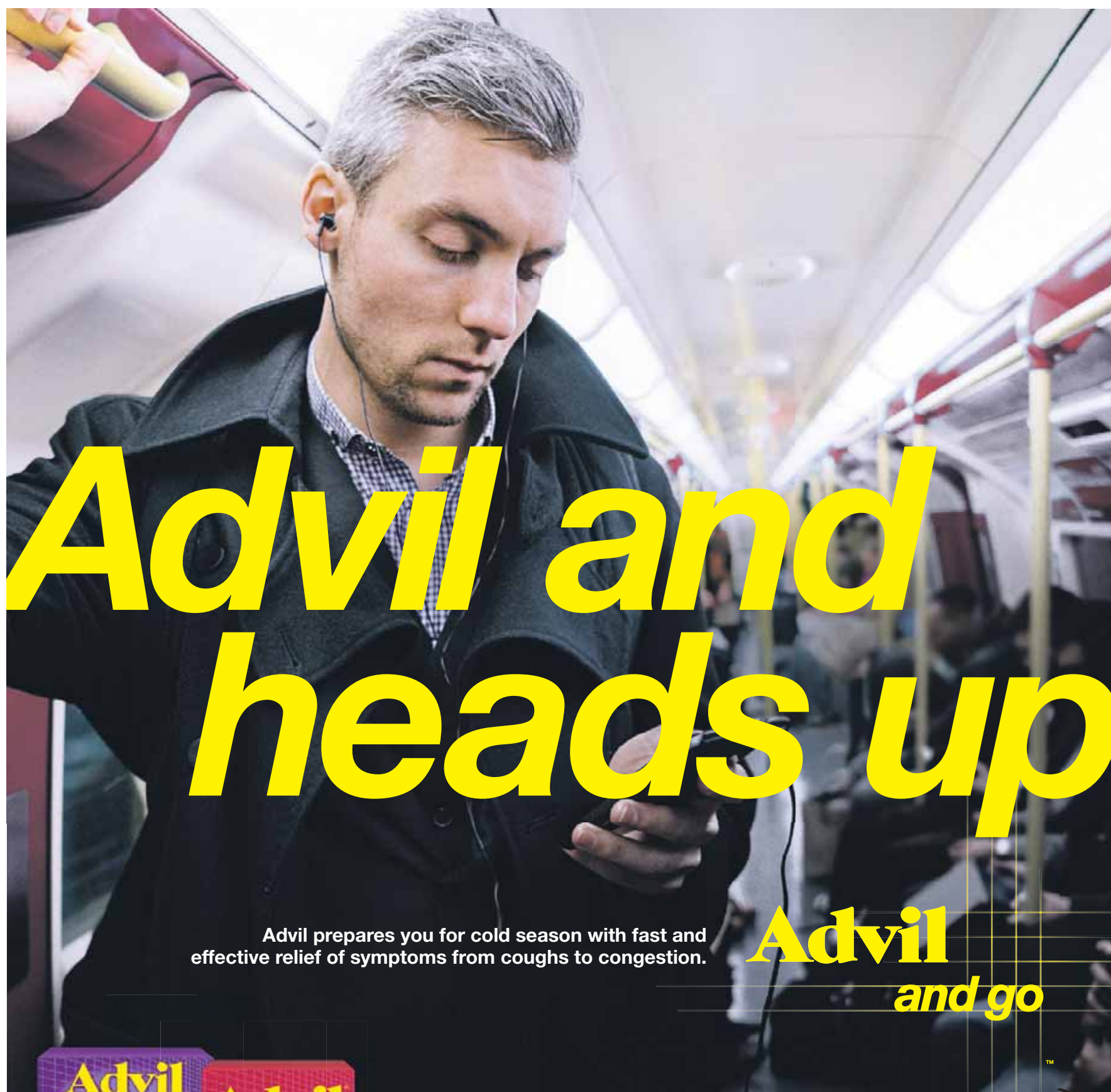
+ HANDY TIPS

- How long should you wash your hands? Dr. Pierre Plourde of the Winnipeg Regional Health Authority recommends washing for at least 30 seconds, or the time it takes to sing Happy Birthday twice.
- Hand sanitizers are great, Plourde said. He recommends one with at least a 60 per cent alcohol concentration. For those with sensitivity to alcohol, he suggests a benzalkonium chloride gel.
- Cough or sneeze into a tissue, then wash your hands. If you don't have a tissue, use the crook of your elbow. It spreads fewer germs.

RHONDA RICHE/FOR METRO

ANY TIPS ON SPEEDING UP RECOVERY TIMES?

"Unfortunately, there's no magic bullet. All you can do is rest. Get as comfortable as possible and take something like a pain reliever or decongestant if it makes you feel better."



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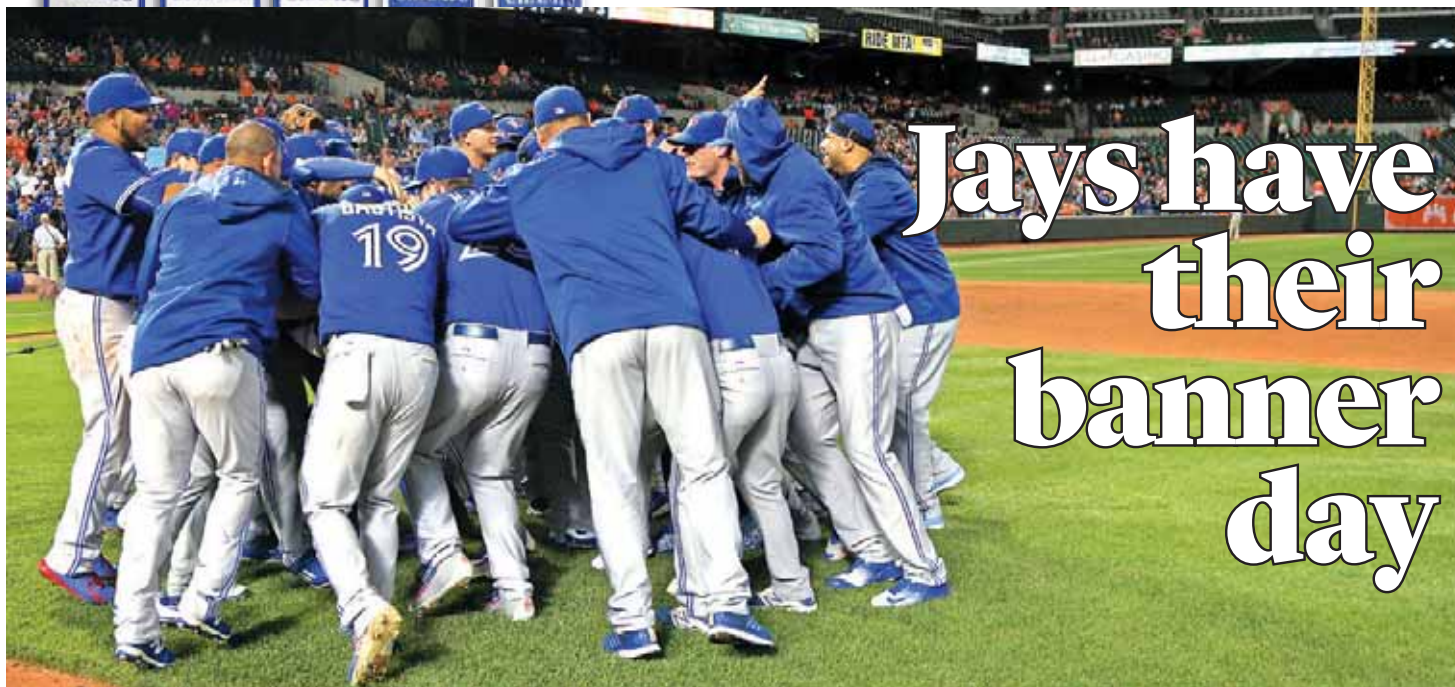
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SPORTS

Toronto clinched its fifth AL East title on Sept. 27, 1993

Thursday, October 1, 2015



The Blue Jays clinched the AL East — their first division title in 22 years — on Wednesday. PATRICK SMITH/GETTY IMAGES

+ TIMELINE

The Blue Jays' journey to winning the division title began a year ago. Here are some pivotal moments within that span:

Nov. 1, 2014 — The Jays trade longtime first baseman/designated hitter Adam Lind to the Milwaukee Brewers for right-handed pitcher Marco Estrada.

Nov. 18, 2014 — The Jays sign three-time all-star catcher Russell Martin, a native of Toronto.

Nov. 28, 2014 — The Jays trade Canadian third baseman Brett Lawrie and prospects to the Oakland Athletics for third baseman Josh Donaldson.

July 12, 2015 — Toronto goes into the all-star break 45-46.

July 28, 2015 — In a blockbuster deal with the Colorado Rockies, the Blue Jays get shortstop Troy Tulowitzki and reliever LaTroy Hawkins.

July 30, 2015 — The trade bonanza hits its apex as the Blue Jays acquire pending free-agent ace David Price from the Detroit Tigers.

Aug. 12, 2015 — The 10th victory of an 11-game winning streak, coupled with a Yankees loss, puts the Blue Jays in first place in the AL East by a half-game.

Aug. 23, 2015 — A rout of the Angels wraps up a three-game sweep in Anaheim as the Blue Jays get back into first place.

Sept. 30, 2015 — Jays beat Orioles 15-2 to clinch AL East title.

MLB

Party begins fashionably late in Baltimore

Buckets of champagne were ready, just sitting in the visiting clubhouse at Camden Yards. The Toronto Blue Jays celebrated clinching the American League East on the field but had to wait to complete a doubleheader before popping bottles.

The franchise waited 22 years for this. What were another few hours?

Two months of spectacular baseball culminated in a 15-2

route of the Baltimore Orioles on Wednesday afternoon, ending decades of frustration for fans and rewarding the Blue Jays' organization for a remarkable turnaround.

"I wake up every day with a huge grin on my face. I wake up every day and it doesn't feel real," pitcher Marcus Stroman said. "Taking the field every day with Josh Donaldson, Troy Tulowitzki, David Price, Mark Buehrle, it's nuts to me."

The Blue Jays, who fell 8-1 in the second game of the doubleheader, were nuts to watch for much of the season but more specifically since July 29, when Tulowitzki joined the lineup amid a flurry of bountiful dead-

line trades. They've gone 42-15 since, surging past the New York Yankees before finally wrapping up the division in the first game against the Orioles on Wednesday.

The pennant is Toronto's first since 1993, when it won its second of back-to-back World Series titles. It assures the Blue Jays a spot in the five-game AL Division Series rather than the uncertainty of a one-game wild-card playoff, which they had already clinched last weekend.

"It's been a really long time since this city has been to the playoffs, so to do it for the city of Toronto and to do it with this group of guys, it's been a dream come true," Stroman said.

In late July, any kind of post-season appearance would have been welcomed, before general manager Alex Anthopoulos went all-in.

"We didn't even look that far. We just said, 'Look, we're a game or two out of a wild-card spot, we feel like we have a really good team that's underachieved to this point,'" Anthopoulos said. "We thought we had a shot, no

doubt about it."

Those moves worked like a charm, making the Blue Jays' 50-51 record in late July feel like a distant memory. Winning the division seemed inevitable in recent days as the Yankees struggled and the Blue Jays kept rolling.

THE CANADIAN PRESS



I think home field (advantage) for us with the environment that we have now at that stadium ... We'd love to get it.

General manager Alex Anthopoulos



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Ronaldo's a Real history-maker



Cristiano Ronaldo in his familiar celebratory pose after scoring his 500th career goal. ANDERS WIKLUND/TT VIA THE ASSOCIATED PRESS

CHAMPIONS LEAGUE

Phenomenal Portuguese equals Raul's benchmark

Cristiano Ronaldo surpassed the 500-goal mark and Real Madrid hailed him as the club's all-time leading scorer on Wednesday.

Ronaldo scored his 500th and 501st goal — in a two-nil away win at Swedish outfit Malmo — equaling Raul's mark of 323 goals according to the Spanish club, which counts a goal that has officially been awarded to Pepe. UEFA said the players are still level at 323.

"I'm very happy," Ronaldo said after a game in which he scored in the 29th and 90th minutes. "First of all because the team won. But I won't lie to you. I really wanted to beat Raul's record."

The Portuguese forward took his Champions League record tally to 82 goals, five more than Lionel Messi. Here is a look at

all of Wednesday's Champions League matches:

Group A

Ronaldo's brace ensured Real Madrid kept its share of the Group A lead, along with Paris Saint-Germain.

PSG eased to a 3-0 win at Shakhtar after defender Serge Aurier scored a goal and set up another. The Ivory Coast right back headed in PSG's opener in the seventh minute and served up a corner kick for David Luiz to make it 2-0 in the 23rd.

A Dario Srna own goal in the 90th completed the victory.

Group B

All four Group B teams are now level on three points after Manchester United defeated Wolfsburg 2-1 in England and CSKA Moscow edged PSV Eindhoven 3-2 at home. Juan Mata scored one goal and set up another as United rallied to win its first group match.

Daniel Caligiuri put Wolfsburg ahead after four minutes, but Mata won and converted a

penalty to equalize before half-time and Chris Smalling slotted the ball past Diego Benaglio to seal the win in the 53rd. In Russia, Seydou Doumbia scored twice as CSKA held off a second-half comeback to beat PSV 3-2.

Group C

Benfica moved into a comfortable position atop Group C with the surprise 2-1 win at Atletico Madrid, opening a three-point advantage after two matches.

Benfica has six points and Atletico has three, while Galatasaray and Astana, which drew 2-2 in Kazakhstan earlier Wednesday, have one point each.

There were three own goals in the match in Kazakhstan, including Astana's 89th-minute equalizer. It was the first game in the main stages of the Champions League to be held in the Asian nation of Kazakhstan, which has been considered part of Europe for football purposes since 2002.

Group D

Juventus and Manchester City cast aside their domestic woes

RESULTS

GROUP A

Malmo 0-2 Real Madrid
Shakhtar Donetsk 0-3 PSG

GROUP B

CSKA Moscow 3-2 PSV
Man United 2-1 Wolfsburg

GROUP C

Astana 2-2 Galatasaray
Atletico Mad. 1-2 Benfica

GROUP D

M'gladbach 1-2 Man City
Juventus 2-0 Sevilla

to pick up important wins.

Juventus stayed ahead in Group D by defeating Sevilla 2-0 in Italy, while City's first victory came at Borussia Mönchengladbach. Manchester City moved level with Sevilla after Sergio Agüero scored a last-minute penalty to help the English side snatch a 2-1 victory in Germany.

Agüero was fouled in the 89th and sent 'Gladbach keeper Yann Sommer the wrong way to secure the win. THE ASSOCIATED PRESS

SOCCER

Hoilett commits future to Team Canada

David (Junior) Hoilett has declared to play for Canada.

The 25-year-old midfielder from Brampton, Ont., plays his club soccer for Queens Park Rangers in England's second tier. But his international future has been a question mark until now.

"I can't wait to play, put on the Canada jersey for the first time, and help the team achieve better things and progress as a nation," Hoilett said in a video interview provided by the Canadian Soccer Association.

Hoilett is also eligible to play for Jamaica by virtue of his parents. England was also

a possibility by virtue of his time spent there. The speedy winger is expected to join the Canadian national team next week in Florida in advance of an friendly against Ghana in Washington, D.C.

Benito Floro's team is preparing for the November start of the fourth round of World Cup qualifying in the CONCACAF region. Canada hosts Honduras on Nov. 13 in Vancouver before playing in El Salvador on Nov. 17.

Hoilett said he made his decision to join the Canadian fold after meeting with Floro.

Hoilett has seen limited action for QPR this season, ap-

"I can't wait to play, put on the Canada jersey for the first time, and help the team achieve better things and progress as a nation."

David (Junior) Hoilett

pearing in just two cup games. British reports have linked him to a move away from the London club in recent months.

He played for Blackburn Rovers previously in England and had earlier stints with Paderborn and St. Pauli in Germany.

Hoilett and younger brother Daniel have both trained with Toronto FC in the off-season.

Hoilett joins FC Dallas forward Tesho Akindele in choosing Canada over another country. The Calgary-born Akindele, who also has U.S. citizenship, committed to Canada in June.

Others in the past have gone the other way, including Owen Hargreaves (England), Teal Bunbury (U.S.) and Asmir Begovic (Bosnia and Herzegovina).

THE CANADIAN PRESS



MLS KANSAS MAKES UNION PAY PENALTY IN FINAL C.J. Sapong of the Philadelphia Union tries an overhead shot against Sporting Kansas City on Wednesday night in the US Open Cup Championship match. Kansas went on to win 7-6 on penalties after the game finished 1-1. MITCHELL LEFF/GETTY IMAGES

IN BRIEF

Toronto's BMO Field to host 2016 Grey Cup

The Canadian Football League's championship game will be played in Toronto next year.

BMO Field will host the 2016 Grey Cup, a source said. The CFL is expected to make the official announcement at a news conference Thursday afternoon. Toronto last hosted the championship game in 2012 at Rogers Centre, where the Argonauts beat Calgary 35-22 in the 100th Grey Cup. This year's Grey Cup will be played at Winnipeg's Investors Group

Field. BMO Field is slated to undergo another round of renovation after the current Major League Soccer season.

A canopy will be installed on three sides as well as a new lighting and sound system. A new hybrid grass surface will also be put in, which uses natural grass but reinforces it with artificial roots.

THE CANADIAN PRESS

Injured Oiler Eberle out for at least a month

The Edmonton Oilers announced Wednesday that forward Jordan Eberle will miss four to six weeks with

a shoulder injury. Eberle left Tuesday night's game against Arizona in the first period following a collision against the wall behind the Coyotes net. He did not return.

"I went to the bench because I knew something was wrong right away," Eberle said Wednesday at the Oilers' skate. "Better to happen now than later in the season." Eberle, 25, was the Oilers' top scorer last season with 63 points (24 goals, 39 assists) in 81 games. The Oilers begin their season Oct. 8 in St. Louis. THE CANADIAN PRESS

Mets' Cespedes struck by fastball, bruises two fingers

New York Mets slugger Yoenis Cespedes was bruised on two fingers of his left hand after being hit by a pitch Wednesday night against the Phillies.

X-rays were negative after Cespedes left the game, which later turned testy.

The NL East champion Mets said Cespedes was bruised on the middle and ring fingers. He was hit by an 89 mph fastball from Justin De Fratus in the third inning. THE ASSOCIATED PRESS

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RECIPE Mushroom Barley Soup



PHOTO: MAMA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Whip up a pot of this simple, earthy soup and have leftovers for lunch the next day.

Ready in

Prep time: 25 minutes

Serves 6

Ingredients

- 2 Tbsp olive oil
- 2 or 3 cloves of garlic, minced
- 1 onion, diced
- 2 medium carrots, peeled, diced
- 2 stalks of celery diced
- 1 lb of cremini mushrooms, brushed clean and sliced
- 2 Tbsp fresh thyme (less if using dried)

- 3/4 cup of pearl barley
- 5 cups of stock (vegetable, chicken or beef all work)
- Salt and pepper to taste

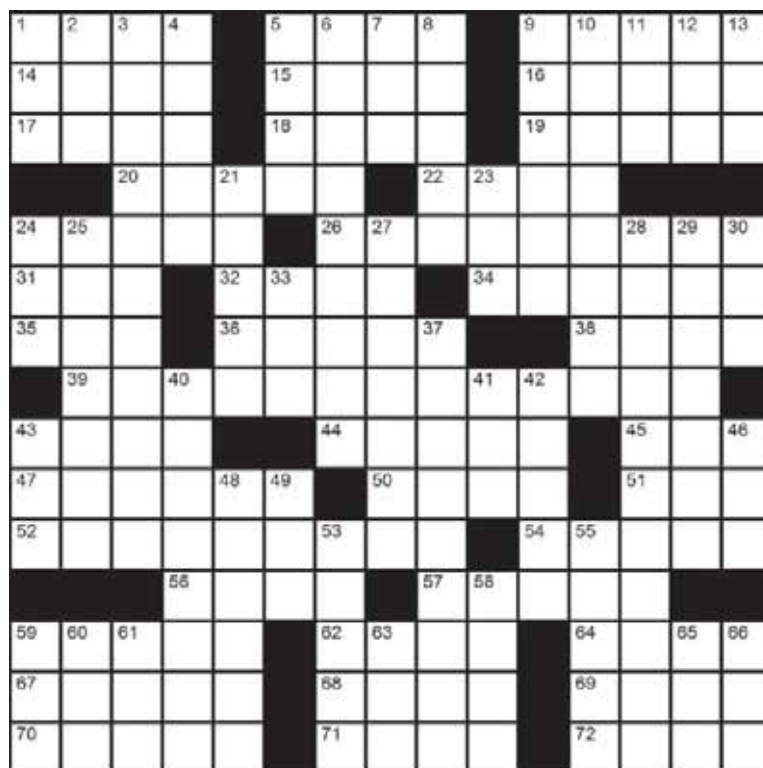
Directions

1. In a large pot or Dutch oven warm up the olive oil over medium heat. Add your vegetables and thyme and allow to soften for about 3 to 5 minutes.
2. Add the barley and give it a good stir to coat it. Now pour the stock over and allow soup to simmer for about 20 minutes until the barley is tender but still chewy. Taste to check seasoning.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Icelandic myth story
5. Frolic
9. Sunday song
14. Momentarily
15. Iris spot in the eye
16. Western movie
17. Saloon slurp
18. Darned
19. Small song-birds
20. More kind
22. Art for #23-Down
24. Tim Hortons
26. Car trunk item: 2 wds.
31. So far
32. University for 2016 Presidential candidate Hillary Clinton
34. TV teasers
35. Spring month, briefly
36. Ironed pants line
38. Canadian composer Mr. MacDermot
39. Moose Jaw's nickname: 2 wds.
43. Nickname of Montreal's 1976 Summer Games stadium: wd. + letter
44. Kangaroo jacket feature
45. Passports, e.g.
47. Nose, slang-style
50. Expanse
51. Mesh
52. Launches an attack on the castle
54. Like linen-

- making fibre
56. Old currency
57. Harped on
59. Ancient language
62. Pad __ (Noodle dish)
64. Farm sound effect
67. Aristocracy

68. Dog playthings
69. Bygone time
70. Carries out the commands
71. Highlands tongue
72. Forensic IDs

2. __ Jones Industrial Average
3. "___": Hit by #9-Down that continues "...on the wrong side of town!"
4. Rolling Stones classic
5. Sly tactic
6. Don't respond to

- the alarm clock
7. Kitten cry
8. "Kung Fu __" (2008)
9. As per #3-Down... The __ Blues (Band from Vancouver)
10. __ Springs (New York state race-track locale)

11. Corroded
12. Mr. Kravitz, for short
13. Simon & Garfunkel's "___ Robinson"
21. Creepy chamber
23. Alsatian artist Jean
24. __ landslide
25. Painting like the real painting
27. Fall fashion classic: 2 wds.
28. Cloud of creativity
29. Contacts index on a classic office desk
30. "C__ la vie!"
33. "___ My Children"
37. Week parts each week
40. Relationship to the keynote in music
41. Frost
42. Fray
43. Graduate's degree, e.g.
46. Swine spot
48. Supposes
49. Switzerland's largest city [abbr.]
53. Frothy-topped hot beverage
55. Andrew Webber link
58. Smart
59. Horseshoe roarer
60. Vatican vestment
61. Affiliation
63. Vertical opp.
65. Firearms org. in The States
66. "Star Trek: Voyager" role

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Your imagination is so powerful there is a danger you could let your fears get out of hand. There are two ways to deal with your current dilemma: either do something about it or act as if it does not exist.

Taurus April 21 - May 21
Someone will go out of their way for you today, which makes you suspicious. What are they after? What's in it for them? The question you should be asking is: why can't I just accept that some people are nice by nature?

Gemini May 22 - June 21
What occurs today will help you see things in perspective. It will also remind you that life is too short to waste on things that don't matter.

Cancer June 22 - July 23
You may be under the impression that you can say anything to anyone and get away with it but don't be so sure. You seem to be under divine protection but it could rapidly be withdrawn.

Leo July 24 - Aug. 23
You ought to make it up to someone you've been neglecting. That's fine but don't be too generous — what others want most is your attention, they don't care about cash.

Virgo Aug. 24 - Sept. 23
You will be hugely responsive to other people's moods but you need to take care that their negative feelings don't start having a negative effect on you. Erect an emotional wall.

Libra Sept. 24 - Oct. 23
Some things are best left in the realms of fantasy. Having a dream is one thing but what if, when it comes true, you find it is really a nightmare? Stick to reality, it's safer.

Scorpio Oct. 24 - Nov. 22
You won't lack for compassion today but you may lack for common sense. Don't let others fool you into thinking that you are doing the right thing, when in fact the real right thing is to leave well alone.

Sagittarius Nov. 23 - Dec. 21
Try to impress, especially people who can help with your ambitions, but don't go too far and claim you can deliver results that are really way beyond you. Even a Sag has limits.

Capricorn Dec. 22 - Jan. 20
Don't let rivals undermine your confidence today, especially on the work front where a setback has already put a dent in your morale. You will soon be moving up again.

Aquarius Jan. 21 - Feb. 19
Try not to let others know too much about what you are doing. Knowledge is power and the more knowledge you give away the less power you have for yourself.

Pisces Feb. 20 - March 20
Relationships will generally go well today but be wary of anyone whose attitude towards you goes from one extreme to the other in a matter of minutes. It could be they are trying to confuse you for their own benefit.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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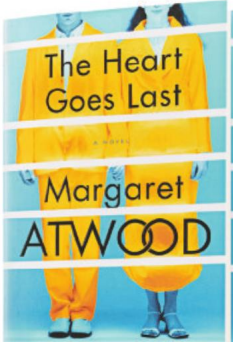
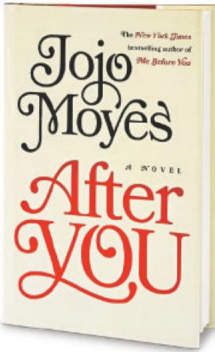
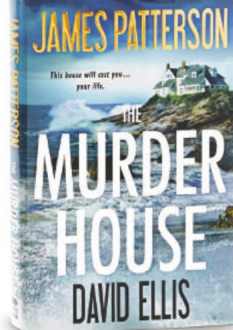
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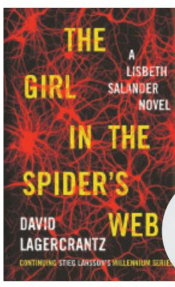



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*While quantities last

what we're reading

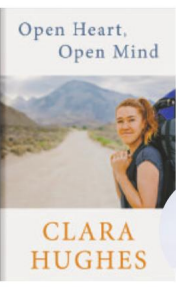




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